

Health & Fitness Day



Physical Activity Is Essential to Healthy Living

Regular physical activity can alleviate many health problems, such as high blood pressure and diabetes. It also strengthens muscles, which can help prevent falls. If you are like many Americans, you may think you are too busy to exercise, but there are many ways to fit more physical activity into your life. The good news is that it's never too late to start. You can begin slowly and work toward getting the recommended amount of exercise for your age for the most benefit. Even if you have physical limitations, some physical activity is better than none at all.

Join In the Fun and Exercise

Chair Yoga

Line Dancing

Ballroom Dancing

Zumba

Cameron Kelly Dance and Fitness Program

Mount Pleasant Community Center

September 25, 2018 ♦ 4:00pm-8:00pm

*For more information, contact Ellen Woods at 914-366-3937 or
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