

This program is designed for older individuals who are limited by impaired joint motion and/or strength and who currently are sedentary. This program is appropriate for participants with moderate to severe joint concerns. The class is taught in a group setting by a certified Arthritis Foundation instructor. Exercises include chair exercises with some standing leg work. Each individual is encouraged to work at their own pace.

### AFEP Program Content:

- Range of motion exercises
- Strengthening exercise
- Endurance activities
- Weight-bearing activities
- Balance and coordination activities
- Posture and body mechanics training
- Breathing exercise
- Relaxation techniques
- Health education
- Activities to promote self-care

### AFEP Goals:

- To relieve stiffness.
- To restore or maintain joint range of motion.
- To increase flexibility of the structures surrounding the joint.

The Senior Exercise program is designed for individuals over age 50 who are willing to learn new techniques to stay fit. Exercises include a cardiovascular workout, weight lifting, fitness ball exercises and a variety of other exercises that can be modified to the fitness level of the participant. Each individual is encouraged to work at their own pace.

### Senior Exercise Program Content:

#### Warm-up exercise:

- Cardiovascular (Aerobic) exercise
- Use of light weights, stretch bands or fitness ball
- Cool down and stretching
- Relaxation exercise

#### Senior Exercise Goals:

- To provide participants with an enjoyable, safe exercise program.
- To improve self-image and self-esteem through increased physical well-being.
- To encourage positive social interaction among participants.
- To improve performance of daily activities.

Pauline Foncannon is a certified AFEP instructor. Pauline was first introduced to AFEP in the summer of 2001 when she joined the class as a student. She enjoyed the class so much, she got her certification to teach AFEP. In April of 2006 she took over both AFEP and Senior Exercise Class. Pauline enjoys teaching both classes. She enjoys knowing that she's a senior and that she can assist other seniors like herself. "I believe the class helps us all. I enjoy the camaraderie and making exercise fun."

Mary Lou Brooks is our certified AFEP instructor at the Senior Center in Windsor, MO. She received her certification in 2003 and has been teaching since that time. "I enjoy teaching because it's fun to share exercise, information, fellowship and laughter with my class. I think exercise and laughter are the best medicine. I feel exercise is vital to staying healthy, strong, flexible, and independent as we age."

# Locations

## Locations:

Clinton Community Center  
Aerobics Area

## AFEP:

Tuesday and Thursday  
10:15 -11:00 a.m.

Fee: \$15 per month

## Senior Exercise:

Tuesday and Thursday  
11:15 a.m.-12:00 p.m.

Fee: \$15 per month

## Windsor Senior Center

AFEP only

Monday and Wednesday  
10:00-10:45 a.m.

No Class Fee

Classes are being offered by  
GVMH Wellness Centers  
in cooperation with Clinton Parks &  
Recreation and the Windsor Senior  
Center.

Discounts: GVMH Employees will  
receive a 20% discount.

For more information contact:

Jenn Nylund-Clinton  
Phone: (660) 890-7193

Amy Hamp-Windsor  
Phone: (660) 647-4000

## Mission

To provide quality health  
and wellness services.

## Vision

To make a positive difference  
in the health and wellness  
of each life we touch.

## Values

Quality  
Compassion  
Professionalism  
Excellence  
Accountability



GVMH Rehab & Wellness  
Golden Valley Memorial Hospital  
1600 N. 2nd Street  
Clinton, MO 64735  
660-890-7193

[www.gvmh.org](http://www.gvmh.org)

Arthritis Exercise - Senior Exercise

# Senior Fitness



Flexibility - Strength - Relaxation