



**Shasta County
Health & Human
Services Agency**

P R E S S R E L E A S E

FOR IMMEDIATE RELEASE

Date: January 22, 2020

Contact: Erika Bishop, MPA, RD, 530-225-5126

SENIORS IMPROVE QUALITY OF LIFE THROUGH FITNESS

Are you a senior who loves to be active and wants to share your talent with others? You are invited to attend a FREE Fun with Senior Fitness training, hosted by the Shasta County Health and Human Services Agency. This introductory training will teach seniors how to be confident fitness instructors. The training incorporates balance, strength and cardio exercises that are modified for seniors. You can reach your balance and fitness goals while helping others in a fun, supportive environment. Prior teaching experience is not necessary. Instructor mentoring and support are built into the program.

Rosanna, 66, joined Linda's Fun with Senior Fitness Class in Shingletown three years ago. She is so grateful for local classes because short travel times make it easier for her to attend. Rosanna believes the class has saved her life. She has lost 20 pounds since joining. "I feel better, have more energy, and look better," said Rosanna. "My doctor said my blood sugar and blood pressure are lower, and my cholesterol levels have improved."

The training will be held on Friday, January 31, from 8:30 a.m. – 1 p.m. at the Veterans Hall at 1605 Yuba Street, Redding. Registration is required. To register or request more information, call Hillary at 229-8469 or e-mail hdodson@co.shasta.ca.us. For a schedule of

ongoing senior fitness classes, visit:

https://www.co.shasta.ca.us/index/hhsa_index/Health_and_Safety/Senior_Fitness.aspx

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.

#