



Come to SMART - Gentle Exercise!

Every **MONDAY, TUESDAY** and
THURSDAY at 1:30 PM

In the Community Room at the **Centre for Family Medicine**

25 Joseph St Kitchener

Try out these **FREE SMART** gentle exercise classes!

About SMART™

(Seniors Maintaining Active Roles Together)

The evidence is clear: regular gentle exercise contributes to:

- overall physical health and wellbeing
- improved management of chronic conditions
- prevention of or decreased severity of falls
- enhanced emotional and social wellbeing
- increased independence through the maintenance of functional fitness and mobility

The SMART™ program is a national, evidence based gentle exercise and falls prevention program developed by VON Canada in consultation with physiotherapists, kinesiologists and older adults themselves.

The goal of the program is to assist older adults in maintaining or improving their functional fitness and independence. Functional fitness is about strength, endurance, balance and flexibility.

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HEALTH STARTS AT HOME

SMART™ Guidelines

The following guidelines are recommended to participants to enjoy a safe and comfortable class:

Dry running, walking or cross-trainer shoes should be worn to provide support for feet and ankles and cushioning for the feet and knees. It is also recommended to replace athletic shoes frequently to maintain proper shock-absorbency.

Lightweight, loose fitting and light coloured clothing so that the body can move freely and minimize overheating.

Take sips of water before, during and after your fitness class. It is important to keep the body hydrated and prevent overheating. It is advised that you bring a bottle of water to class.

New participants will complete PARQ form prior to the first class in each session. It is also recommended that you talk to your family doctor if you have not been exercising regularly before beginning fitness class. It is recommended that you speak with your fitness leader about health concerns/conditions that may be affected by exercise.

Stop exercise immediately and let instructor know if you experience any of the following: chest pain, lightheadedness, confusion, nausea, sharp leg pain, shortness of breath.

Remember, you are responsible for your health and wellbeing at all times so please work at your own pace.