

Growing Stronger Exercise Program:

This is an evaluated program out of Tufts. It incorporates, warm-up exercises, to activate, the joints and muscles to become limber while helping to bring mental focus and concentration to the task of exercising.

The resistance and strength training and weight lifting portion exercises is when the muscles in the body move against some types of opposing force, resistance band and leg/hand weights. The benefits of this strength training include increase strength and muscle mass as well as improved balance, flexibility, bone and joint health and a sense of well-being in adults of all ages. Weights and exercises are adjusted to meet the individual needs and ability of each client.

A cool-down at the end of each session prepares the body to stop exercising by gradually slowing down the heart rate and energy systems of the body to return to their normal resting state. In addition to preparing the body to stop exercising, the cool-down exercises in this program, designed to improve balance and flexibility.

What is 'Chair Chi'? Chair Chi is a gentle exercise program to help people receive the benefits of the traditional Tai Chi in the comfort and safety of a chair. This allows people who cannot stand or lack the confidence with their balance to participate and benefit. (Including those who use a walker, wheelchair, and movement disorder.) The benefits include balance, flexibility, and range-of-motion, strength, energy, pain relief, tranquility, stress reduction and peace of mind.

Range of Motion-Seated Class

The Arthritis Foundation Exercise Program is an evaluated, community-based, recreational group exercise and education program designed specifically for those who have arthritis and related diseases. The program's multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional ability. Each class includes a variety of exercises that are performed while sitting; endurance-building routine; relaxation exercises; health education topics and socialization. Individuals from basic to advance capabilities will benefit from participating in this program.