



Research shows that those seniors who participate in an ongoing exercise program are healthier and more active than other senior citizens their age. Actually, there are great benefits obtained in moderate exercise. There is no need for strenuous exercise at a rapid pace. Many exercise experts agree that the senior can easily

achieve fitness goals by walking at a moderate pace for about 30 minutes 4 or 5 times per week. While this goal of fitness might seem very easy to achieve for many active adults, it might be a bit difficult for a senior who has been inactive for many years. That is the reason that the senior should take it slow. And work at their own pace.

**Come Walk With  
Sarah Hansen  
Monday Mornings  
We meet in the parking lot  
at the Senior Center  
8:00 AM**

**Sarah is a great guide and  
knows lots of Fillmore  
History**

