

## SMART PROGRAM

### Senior Fitness Sites:

#### **Kingston Alliance Church**

Bath Road & Palace Road

(Tue. 10 am)

#### **St. Andrew's Presbyterian Church**

130 Clergy Street East

(Wed. 10 am)

#### **St. Andrew's by the Lake**

#### **United Church**

1 Redden Street (Front & Days Road)

(Wed. 1 pm)

#### **St. Mark's Anglican Church Hall**

268 Main Street, Barriefield

(Thurs. 9:30 am)

#### **St. Philomena's Catholic Church Hall**

Howe Island

(Mon. 9 am)

#### **The Grace Centre**

4295 Stagecoach Road, Sydenham

(Mon. & Thurs. 10 am)

### **Contact:**

**Joanne Irvine**

**SMART Program Coordinator**

**613-634-0130 Ext.414**

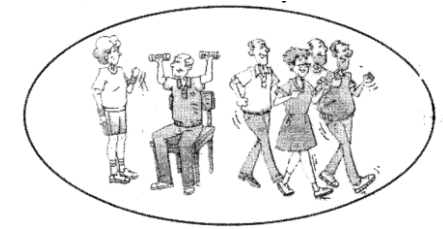
### ***Benefits From Regular Physical Activity:***

- ♦ Continued independent living
- ♦ Improved quality of life
- ♦ More energy
- ♦ Move with fewer aches and pains
- ♦ Better posture and balance
- ♦ Weight maintenance
- ♦ Stronger muscles and bones
- ♦ Improved self-esteem
- ♦ Relaxation and reduced stress

### ***Being Active Also Reduces The Risk Of:***

- ♦ Heart disease
- ♦ Falls and injuries
- ♦ Obesity
- ♦ High blood pressure
- ♦ Diabetes II
- ♦ Osteoporosis
- ♦ Stroke
- ♦ Depression
- ♦ Colon cancer

## EXERCISE CLASS



## SMART Program

**S**eniors

**M**aintaining

**A**ctive

**R**oles

**T**ogether

A community based exercise program for  
adults 55+ sponsored by  
Victorian Order of Nurses  
Ontario-Canada Branch  
Greater Kingston Site



*Touching Lives Since  
Au coeur de la vie depuis 1897*



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Au coeur de la vie depuis 1897*

# Who Can Join?

Any older adult 55+ who would like to:

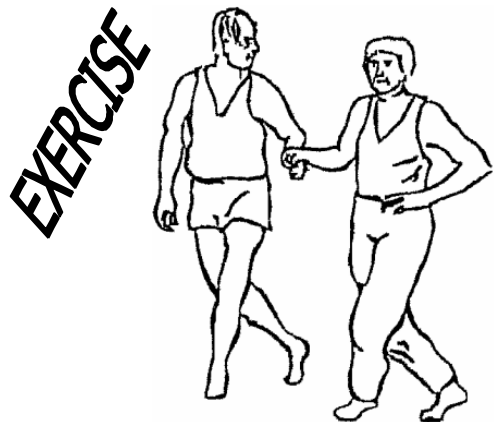
- ♦ Improve their health and well being
- ♦ Improve or continue being able to do activities of daily living
- ♦ Prevent health complications associated with being inactive
- ♦ Meet new people and develop friendships

# What is the cost?

**20 week session \$60 per session.**

**12 week session \$40 per session.**

**Pay as you go \$4 for each exercise class.**



# The SMART Program

## Seniors Maintaining Active Roles Together

The program will promote greater well being amongst adults 55+.

This fun, gentle exercise program, led by certified instructors, will include:

- ♦ Exercise everyone can participate in from chair exercise to walking.
- ♦ Exercise that will improve general fitness, strength, balance, mobility and energy levels.
- ♦ Monitoring of exercise effort during the class to increase safety and effectiveness of program.
- ♦ Information on how to live an active and healthy life everyday.



# To Register

**Last Name:**\_\_\_\_\_

**First Name:**\_\_\_\_\_

**Address:**\_\_\_\_\_

**Postal Code:**\_\_\_\_\_

**Phone #:**\_\_\_\_\_

**Choose Location of Class :**\_\_\_\_\_

*(see back page for Locations)*

Mail to:

**Joanne Irvine**

**SMART Program Coordinator**

**VON Canada-Ontario Branch**

**Greater Kingston Site**

**737 Arlington Park Place – Lower level**

**Kingston, Ontario K7M 8M8**

**For more information or any questions regarding the class,**

**Please call:**

**Joanne Irvine (613)634-0130 xt.414**

