

Strong for Life 3.0



Staying active as we age can have many benefits, including improved health and stamina, sharper thinking, reduced stress and better sleep. If you haven't been active, **it is not too late to start!**

Strong for Life 3.0 was developed by Providence PT's with adults who are sixty plus in mind. Strong for Life 3.0 is an easy to follow routine designed to improve balance, strength and flexibility. Participants follow a 45 minute DVD or a live instructor, choosing one of three levels and using therabands for an individualized workout.

While the 18 in-person classes are on hold during COVID, here are some other ways to get involved.

1. Any older adult with access to a computer, ipad or smart phone can join a free live streamed **Zoom** class Tuesdays and Thursdays at 9 a.m. led by a Providence Fitness Specialist. To register call Providence Resource Line at 503-574-6595 or 1-800-562-8964 <https://weblinkplus.providence.org/weblink/classes/find> **Class available now.**
2. Free online community classes. These classes are ongoing, led by peer volunteers and use PT developed program. Contact Deana (below) for times and days.
3. Watch and follow along online anytime at this link. <https://oregon.providence.org/our-services/s/strong-for-life-exercise-program/>
4. DVD's are available for a \$10 suggested donation or given regardless of ability to pay.

What participants are saying about Strong for Life 3.0:

"I like the way I feel the rest of the day—upbeat, energetic, stronger, vibrant."

"I have better balance. My back problems have improved. Better strength."

Who can participate?

Any adult who is 60 or over can sign up for the program. You will be asked to sign a waiver to join. **There is no charge for the program.**

Questions?

Contact Deana VandenHoek at 503.537.1471 or email: deana.vandenhoeck@providence.org