



# HOUSING & COMMUNITY SERVICES DEPARTMENT

## OFFICE ON AGING

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### Learn About Free and Low-Cost Exercise Classes

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Spring time is almost here and the temperature will be rising soon. This is the perfect time to take advantage of the Southern California weather and spend time outside being active. There are many opportunities available at different senior and community centers, recreational facilities and parks for older adults to participate in group exercise classes. Most of these classes are **free**; those with a fee are relatively low-cost.

Why is regular physical activity so important for older adults?

- It can reduce your risk of developing chronic diseases such as diabetes or heart disease.
- It can help you manage health problems such as high blood pressure, obesity, high blood sugar, and high cholesterol.
- It can improve your ability to function on a daily basis, increase mobility, and help you stay active and independent.

How much physical activity should older adults get?

- At least 30 minutes a day (all at once or broken up into segments) for 5 days a week.
- At least 2 days a week of resistance training.

Source: Agency for Healthcare Research and Quality

The County of Orange Office on Aging has a list of the exercise classes available at sites throughout Orange County. The classes offered include aerobics, walking groups, yoga, aqua exercise, balance and mobility, tai chi, and dance. **Free resistance bands** (with instruction booklet) that can be used in your home or at a senior center exercise class are also available. Call the Office on Aging at **1-800-510-2020** or **1-714-567-7500** and ask the caring and friendly Information Specialists about the types of classes near you and to send you a resistance band.

If you are not currently taking part in an exercise routine, consult your doctor before starting anything new. The most important thing is to get up and move every day. You are never too old to benefit from the good effects of being active.

The Office on Aging is the one-stop shop for information on meals, in-home care, healthcare, transportation, legal, caregiving assistance, prescription insurance, exercise classes and much more!

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Information & Assistance: (800) 510-2020 or (714) 567-7500 • Email: [officeonaging@ocgov.com](mailto:officeonaging@ocgov.com) • [www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)