

Is It Too Late For Me To Begin Exercising?

Even if you have had an inactive lifestyle, research suggests that you are never too old to benefit from starting an exercise routine. The [National Institutes of Health \(NIH\)](#) report that even moderate physical activity can improve the health of older adults who are frail, or who have diseases that accompany age. Our data at Live 2 B Healthy® bears that out. Because we perform a baseline fitness test, followed by bi-yearly testing of all class participants, we are able to compare results from all over the country. We have proof that seniors who participate in our classes (even those who have been sedentary in the past) are able to make dramatic improvements in their balance, strength and flexibility (see graph below).

The fact is that individuals of any age can and do begin exercise programs every day, and improve their physical wellbeing as a result. One of the bonuses of participating in a Live 2 B Healthy® class is that our classes are

Balance	+200%
Upper Body	+42%
Lower Body	+88%
Flexibility	+.06"

Average Participant Age: 94

taught by Certified Personal Trainers who have lots of experience teaching fitness classes to older adults. Our trainers are used to providing adaptive alternatives for differing abilities within each class.



Doris, Lakeview Commons, celebrates her 108th birthday with L2BH Regional Owner, Greg Springman

“Within a single class, I can have participants who are fully ambulatory, a few with walkers and some in wheelchairs. That’s just a regular class for me! We have hundreds of exercises and just as many variations on each movement – so I can always make sure that each person is getting exactly what they need out of my class,” says Shane McLean (The Balance Guy) of North Dallas.



Marnie (104) of WestRidge, celebrates improving her Squats score

If you are a senior who has been reluctant to start an exercise routine, we invite you to give one of our classes a try! Not only will you be exercising under the close observation of our professional trainers, but you will also be in a class surrounded by other fitness-minded seniors. No more worrying about keeping up with the 30 year olds at the local gym. Our classes provide camaraderie and fitness. And – as our testing results prove – whether you are 68 or 108, there is always room for improvement in a Live 2 B Healthy® class.

Surround yourself with fitness-minded people...

Positivity can be so contagious!

To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.

www.Live2BHealthy.com