

# Continue to Live the Good Life!

If you are reading this newsletter, chances are that your community or senior center features Live 2 B Healthy® classes and (hopefully) you are already taking advantage of the opportunity to get out and exercise with your friends and neighbors. We are so glad that you have decided to commit to taking an active role in your health and wellness! To provide you with inspiration to keep up the good work, we wanted to remind you of some of the great benefits you are enjoying because you have chosen to make this commitment:

### Continue to take an active role in your family and your community

Studies show that seniors who avoid a sedentary lifestyle by continuing to exercise in their 80s, 90s and even 100s feel more confident and remain involved with the types of activities that give them pleasure and help to keep them from becoming isolated.

### Maintain a Positive Attitude Towards Life

Keeping active and fit in your later years helps to ward off negative attitudes that can settle in when you begin to lose mobility. The social comradery of group fitness also allows you to spend time with other active older adults who share similar interests and values.

### Maintain Your Balance and Prevent Falls

In all of our Live 2 B Healthy® classes, we concentrate on improving balance. Balance is largely a matter of practice and confidence. Seniors who begin reducing their activity level because of fear of falling actually increase their likelihood of falls. We keep you on your feet through simple, safe exercises that help you to maintain your strength, flexibility and confidence. This in turn helps you to maintain your balance.



### Watch our Best Life Video Series

### Speed Recovery Times

When we do experience a fall or an illness, our bodies recover much quicker if we have maintained our muscles and our strength through regular exercise. Time and again, we hear from regular class participants that their doctors credit their exercise programs with their speedy recovery from life's inevitable accidents.



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.