There are three components that are necessary for a beneficial exercise program. Incorporating these into your lifestyle will increase your energy levels, help you engage in a good night’s sleep, and help you feel healthier.

**Strength:** You can increase strength to existing muscle by incorporating resistant training in your exercise program. Increasing overall strength helps to decrease injuries and improve coordination and balance.

**Suppleness:** Moveable joints must remain supple to decrease injury risk. Proper exercise technique, as well as a stretching regimen, makes our joints supple and flexible.

**Stamina:** Muscles require oxygen. The more fit your muscles become, the more effective you’ll breathe; giving you more stamina to do all those things you love such as playing with the grandchildren or taking a walk in the park.

At the Senior Fitness Center, we apply all three components into everyone’s personalized exercise program, which may include one-on-one training to group exercise.

Allow Erik and Shaunna to help you achieve these components within your lifestyle. Contact them at the Senior Fitness Ctr at 663-7016.

*This article was first printed in Seniority Matters, Spring 2008 issue.*