

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
PRECIS SYNDICATE, INC.**

415 Madison Avenue, 12th Fl.  
New York, New York 10017

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185 WORDS, 60 SECONDS

## FITNESS FACTS

THE CENTERS FOR DISEASE CONTROL AND PREVENTION SAYS OLDER ADULTS NEED AT LEAST TWO AND A HALF HOURS OF MODERATE AEROBIC ACTIVITY A WEEK TO HELP PREVENT MANY CONDITIONS PEOPLE FACE AS THEY AGE, INCLUDING WEIGHT GAIN, BACK PAIN AND HEART DISEASE. PLUS, EXERCISE KEEPS THE MIND SHARP AND CAN HELP YOU FEEL HAPPIER. TO GAIN THESE BENEFITS, HOWEVER, YOU NEED TO FIND A FITNESS PROGRAM THAT NOT ONLY PROVIDES THE PHYSICAL RESULTS DESIRED BUT IS ENJOYABLE ENOUGH SO THAT YOU'LL STICK TO IT. THAT'S WHERE THE NATION'S LEADING EXERCISE PROGRAM FOR OLDER ADULTS COMES IN. IT OFFERS PHYSICAL AND SOCIAL ACTIVITIES IN A COMPREHENSIVE PROGRAM THAT PROVIDES FULL ACCESS TO A HEALTH CLUB, SPECIAL CLASSES, ONLINE RESOURCES AND INTERACTIVE AND EDUCATIONAL EVENTS. THE SOCIAL ELEMENTS CAN CREATE A SENSE OF COMMUNITY AND GIVE PARTICIPANTS A FEELING OF BELONGING. TO MAKE IT EASIER, HEALTHWAYS SILVER-SNEAKERS FITNESS PROGRAM IS FREE IN MANY CASES BECAUSE IT'S OFTEN COVERED UNDER INSURANCE PLANS. THE CLASSES ARE TAUGHT BY CREDENTIALLED INSTRUCTORS AND FOCUS ON OLDER, ADULT-SPECIFIC PROGRAMMING. FOR MORE INFORMATION, INCLUDING NEARBY LOCATIONS, VISIT [SILVER-SNEAKERS--DOT--COM--SLASH--INFO](http://SILVER-SNEAKERS--DOT--COM--SLASH--INFO).