

# IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

AUGUST 2018

## Success Story

### Gail Adams

Gail Adams has been a loyal Health Fitness member for nearly 13 years. Blind since birth, she has met many obstacles in life, but none too hard for her to leap over.

#### What is your inspiration?

I had talked to my physician about exercising and how it would help my osteoarthritis. He told me about Health Fitness. A good friend said I should try it because he went there, too. I thought, "What the heck?" I have been coming ever since.

#### Tell us about your workouts.

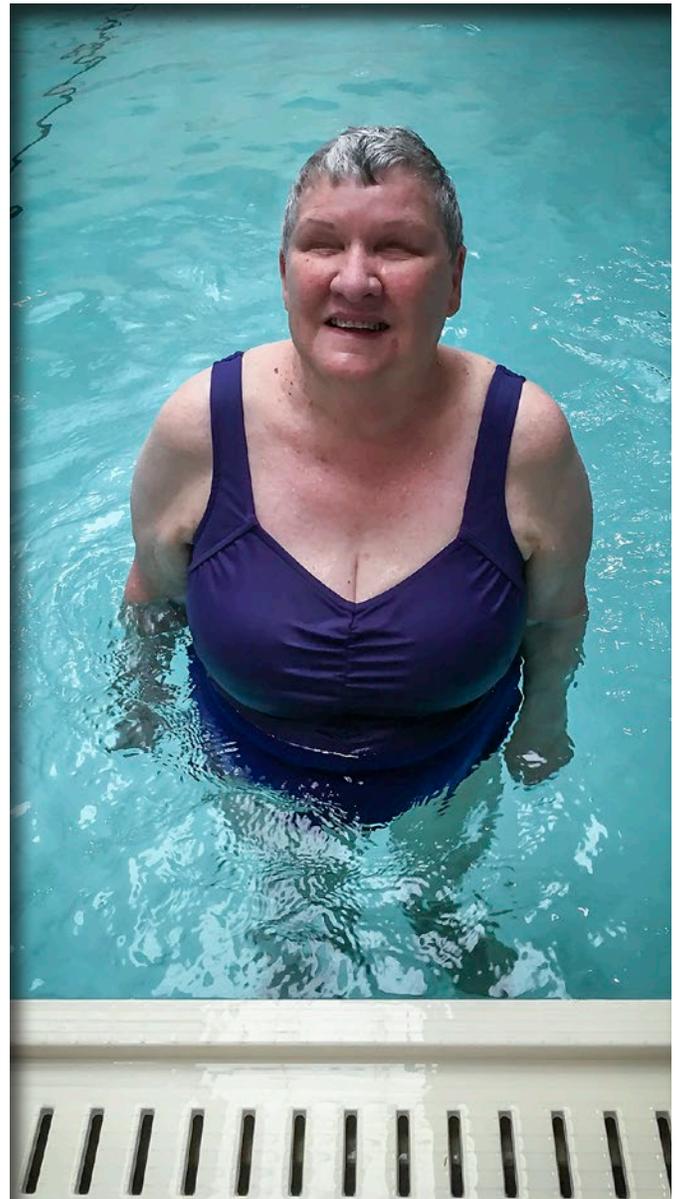
I come three mornings a week for the arthritis water exercise class in the warm pool. I rarely miss a day. I ride the Burlington city bus most days.

#### What are your results?

Coming to the pool has helped me maintain my weight, and it has improved my strength and flexibility. I really enjoy sitting by the whirlpool jets because they help my aches and pains!

#### What are your favorite things about exercising at Great River Health Fitness?

Besides keeping my body healthy, I love the people I have met over the years. We talk about all sorts of things, and many of them have helped me through some tough times. The staff is helpful and very knowledgeable. (Fitness Specialist) Dane even helped me by ordering a litter box for my new kitten!



## Program **Highlights**

# Matter of Balance

**8-week class**

**10 a.m. to noon Tuesdays**

**Beginning Aug. 7**

Matter of Balance is an award-winning program that helps older adults reduce their fear of falling and increase flexibility, balance and strength. Participants learn how to change their environments to reduce fall risk factors and set realistic goals for increasing activity.

Class participants say:

- "We learned things we needed to do or change to help with our balance."
- "We were very glad to learn the exercises. There are some we can do in our chairs while watching TV."
- "The instructors are very pleasant and knowledgeable. They both had a sense of humor. They were very easy to understand."

To register for Matter of Balance, call 319-768-4191.



## Important **Dates**

**Friday, Aug. 10**

Guest day

**Saturday, Aug. 11**

Wellness walk, 8:30 a.m. Meet on the Great River Medical Center Cafeteria patio

**Monday, Aug. 20**

Blood pressure screening, 8 a.m.

**Saturday, Aug. 25**

Guest day

**Saturday, Sept. 1**

Free enrollment month begins

## Senior **Discount**

Great River Health Fitness offers a new 20 percent discount for seniors (65+) on full-price three- six- or 12-month all-inclusive membership and aquatic-only membership. The discount began July 1. Discounts can't be combined. All Health Fitness members receive a discount on personal training and Pilates Reformer classes.

Tell your friends!

