



Get fit

“The most important things I have learned are the need to be aware of my surroundings all the time and continued exercising is so important to my well-being.”

To register:

healthyaging.utah.gov

888-222-2542



Utah Department of
Health & Human
Services

Weekly classes include:

- Low-impact recreational exercise
- Certified instructors
- Improved cardiovascular endurance
- Strength training
- Balance exercises
- Flexibility training

Physical activity classes

- Arthritis Foundation Exercise Program
- Enhance[®]Fitness
- Tai Chi
- Walk With Ease

To register:

healthyaging.utah.gov

888-222-2542

This program does not replace existing treatment.



Utah Department of
Health & Human
Services