



## 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](http://healthyaging.utah.gov)**  
**888-222-2542**



Utah Department of  
**Health & Human**  
Services

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## 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<sup>®</sup>Fitness
- Tai Chi
- Walk With Ease

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This program does not replace existing treatment.

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