

## 'SENIOR FITNESS AROUND TOWN' PROGRAM

The Town of Tecumseh Senior Advisory Committee has received funding under the Ontario Sport and Recreation Communities Fund to host a 'Senior Fitness Around Town' Program.

*Looking for new ways to get active for FREE? Interested in learning a new fitness program?*

The Senior Fitness Around Town will provide Tecumseh residents the opportunity to participate in a variety of fitness programming to increase physical activity and help lead engaged, active and healthy lifestyles in a recreational environment.

Older adults (55+) and seniors will participate in approximately one-hour a week, physical activity over a six-week program period. Tecumseh older adults and seniors will be exposed to a different physical activity each week, during the six-week session, such as pickleball, aquafit and fitness programming.

Four (4) six-week sessions will be hosted from approximately June through to December 2018. Act fast - the first session starts June 28, 2018!

Each week, qualified instructors will teach an introductory level class. Participants will learn the fundamental movements of each activity, with an emphasis on continuing the physical activity beyond the session for lifelong health and well-being benefits.

Registered participants will receive their own fitness equipment related to each weekly activity, where applicable. Program costs, including fitness equipment, are provided under the Senior Fitness Around Town Program.

Further details, including the Registration Form, can be found on the Town's website, or by contacting Ext. 143. Limited spaces are available and issued on a first come, first serve basis. Don't miss out on this unique and exciting opportunity!

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