

Be Active for Your Health!



Almost all of us would feel better, be able to do more, and be healthier by becoming more physically active than we are now. Physical activity is a great way to lose weight too!

■ How much physical activity do you need?

If you have an on-going health condition, get your doctor's advice about how much physical activity you should be doing. But for most people, it's a good idea to have an exercise program that looks like this:

- **Aerobic exercises** (work most of your body, especially your heart and lungs)
 - 30 minutes of moderate aerobic exercise, 3 to 5 days a week
- **Strengthening exercises** (make your muscles stronger by making them work harder, usually against air, water, or weights)
 - 8 to 10 different strengthening exercises, 2 to 3 days a week



■ Ideas to get started

Start slow. Build up your exercise program over a few weeks or a few months. For example, start with just 10 minutes of walking a day and add 5 more minutes each week until you work up to walking 30 minutes most days.

Break it up. If you can't fit in 30 minutes of aerobic activity all at once, do it 10 minutes at a time throughout the day – like before work, during a work break, and after dinner.

Get support! Find an exercise partner or go to a class for beginners.

Use local resources. This handout lists free and low-cost exercises classes and workout facilities (see *inside*), YMCA locations (see *back*), and public parks with walking paths (see *back*). All locations are shown on the Louisville map on the back.

- For aerobic exercise...
 - Walk in your neighborhood, join a walking club, or walk a park path
 - Use cardio equipment like a treadmill or stationary bike
 - Attend Water Aerobics, Tai Chi, or Jazzercise class
- For strengthening exercises...
 - Try the free weights or universal machine
 - Attend a Pilates class or meet with a personal trainer



Make a goal to get started. *This week I will* _____.

Family Health Centers clinics

AM=Americana; EB=East Broadway; IR=Iroquois; FD=Fairdale; PH=Phoenix; PO=Portland; SW=Southwest

YMCA of Greater Louisville

YMCA membership includes access to exercise facilities and equipment, fitness coaching, group exercise and water fitness classes, and child care while using the YMCA. Discounted membership fees are available based on income through "Membership for All" and the "Spirit Program."

For more information about YMCA of Greater Louisville locations, services, or membership, call **587-9622** or go to **www.ymcalsouthern.org**.

Locations

12: Berrytown	16: Middletown
13: Chestnut St.	17: Southeast
14: Downtown	18: Southwest
15: Northeast	19: Dixie Manor

Metro Louisville Parks Dept.

Metro Parks offers programs for all ages and abilities at parks and community centers across the city. For more information call **456-8100** or go to **www.louisvilleky.gov/MetroParks**.

Public parks with designated walking paths

20: Algonquin	30: Klondike
21: Buechel	31: Petersburg
22: Camp Taylor	32: Roberson Run
23: Cane Run	33: South Central
24: Tyler	34: Cox Park/Truman Hutchins
25: Cherokee	35: Charlie Vettiner
26: Chickasaw	36: Waterfront
27: De Pres	37: Watterson Lake
28: Highview	38: Wyandotte
29: Iroquois	

For more information, call the Family Health Centers Health Educator: 772-8588



Family Health Centers, Inc.

Exercise Classes and Workout Facilities

MON	TUE	WED	THU	FRI	SAT	NOTES
1. Beechmont Community Center 205 W. Wellington Ave. 40214 (502) 361-5484						
Weight and Cardio Room 9:15am-8:45pm 50 and Over Fitness Class 9:15-10:30am Women's Weight Training 6:00-7:00pm Speed Training 7:30-8:30pm	Weight and Cardio Room 9:15am-8:45pm Yoga 7:15-8:15pm	Weight and Cardio Room 9:15am-8:45pm 50 and Over Fitness Class 9:15-10:30am Women's Weight Training 6:00-7:00pm Jazzercise 7:00-8:00pm Speed Training 7:30-8:30pm	Weight and Cardio Room 9:15am-8:45pm Body Pump 6:00-7:00pm Yoga 7:15-8:15pm	Weight and Cardio Room 9:15am-6:45pm 50 and Over Fitness Class 9:15-10:30am Women's Weight Training 6:00-7:00pm	Weight and Cardio Room 9:15am-2:00pm	Take any 8 classes for \$10.00 a month Weight and cardio room is \$10 a month Fee is \$5 if 50+ years old *Exercise activities for kids/teens also available
2. Family Health Centers, Inc. 2215 Portland Ave. 40212 (502) 772-8588						
Planned start date: February 2008						
3. Flaget Community Center 4425 Greenwood Ave. 40211 (502) 574-2831						
Walking Club 6:00am Weight and Cardio Room 9:00am-6:00pm	Walking Club 6:00am Weight and Cardio Room 9:00am-6:00pm	Walking Club 6:00am Weight and Cardio Room 9:00am-6:00pm	Walking Club 6:00am Weight and Cardio Room 9:00am-6:00pm	Walking Club 6:00am Weight and Cardio Room 9:00am-6:00pm		Walking club is free Weight and cardio room is \$3 a month *Exercise activities for kids/teens also available
4. Louisville Central Community Center 1300 W. Muhammad Ali Blvd. 40203 (502) 583-8822						
		Pilates 6:00-7:00pm				Classes are free Bring exercise mat or large towel
5. Louisville Metro Dept. of Public Health and Wellness 400 E. Gray St. 40202 (502) 574-6585						
Tai Chi 5:30-7:00pm	Low-impact aerobics 5:00-6:00pm	Tai Chi 5:30-7:00pm	Low-impact aerobics 5:00-6:00pm			Tai Chi is free Aerobics classes are 25 cents
6. Mary T. Meagher Aquatic Center 201 Reservoir Ave. 40206 (502) 897-9949						
Lap Swim and Weight room 5:00am-9:00pm Day/evening water aerobics classes	Lap Swim and Weight room 5:00am-9:00pm Day/evening water aerobics classes	Lap Swim and Weight room 5:00am-9:00pm Day/evening water aerobics classes	Lap Swim and Weight room 5:00am-9:00pm Day/evening water aerobics classes	Lap Swim and Weight room 5:00am-9:00pm Day/evening water aerobics classes	Lap Swim and Weight room 5:00am-9:00pm Daytime water aerobics classes	Lap swim/weight room is \$4.50 per day or \$38.50 per month (yearly passes also available) Classes are \$4.50 each or \$2.25 each for monthly/ yearly members *Exercise activities for kids/teens also available
7. Presbyterian Community Center 701 S. Hancock St. 40203 (502) 584-0201						
Line Dancing 5:30-6:30pm	Personal Fitness Training 10:00am-noon 6:00-7:00pm	Golden Gliders (seniors) 10:45-11:00am	Personal Fitness Training 10am-noon Hip Hop-ercise 5:30-6:30pm Personal Fitness Training 6:30-7:30pm	Weight and Cardio room 9:00am-6:00pm		Classes are free *Exercise activities for kids/teens also available
8. Shawnee High School 4018 W. Market St. 40212 (502) 485-8326						
Lap Swim Water Aerobics 8-9am; 9-10am 5-6pm; 6-7pm	Lap Swim Water Aerobics 5-6pm; 6-7pm	Lap Swim Water Aerobics 8-9am; 9-10am	Lap Swim Water Aerobics 5-6pm; 6-7pm	Lap Swim Water Aerobics 8-9am; 9-10am		Lap swim and water aerobics classes are \$2 per 1-hour session (adults only)
9. South Louisville Community Center 2911 Taylor Blvd. 40208 (502) 574-3206						
Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio room 9am-2:00pm	Walking Club is free Weight and cardio room is \$15 a month for adults and \$10 a month for seniors
10. Sun Valley Community Center 6505 Bethany Ln. 40272 (502) 937-8802						
Yoga 6:30-7:30pm Women's Weight Training 6:30pm	Yoga 3:00-4:00pm	Tai Chi 10:00-11:00am	Tai Chi 7:30-8:30pm			Pay \$10 a month for unlimited Yoga and Tai Chi Weight Training \$10 a month Free for age 60 and older *Exercise activities for kids/teens also available
11. Western Middle School 2201 W. Main St. 40212 (502) 574-6663						
Pilates 6:00-7:00pm						Classes are free Bring exercise mat or large towel

Call ahead to confirm schedule and cost in case information has changed.