



Resident Wellness Newsletter



5 Benefits of Group Classes

At **Live 2 B Healthy**[®], we believe that group fitness classes are an essential part of a healthy lifestyle for older adults. Regular exercise can help older adults maintain their independence, improve their overall health, and reduce their risk of chronic disease. Consider these 5 benefits of group fitness classes:

1. Socialization: Group fitness classes provide a social environment for older adults to interact with others and develop new friendships. This socialization can help improve mental health and well-being, reducing feelings of loneliness and isolation.

2. Improved physical health: Regular exercise can help older adults maintain their strength, balance, and flexibility, reducing their risk of falls and injuries. Group fitness classes that focus on strength training and balance can be particularly effective in improving physical health and reducing the risk of chronic disease.

3. Mental health benefits: Exercise has been shown to have a positive impact on mental health, reducing symptoms of anxiety and depression. Group fitness classes that provide a supportive and encouraging environment can help improve mental health and well-being in older adults.

4. Increased motivation: Group fitness classes can provide older adults with the motivation and accountability they need to stick to an exercise program. The support and encouragement of other class participants and the instructor can help older adults stay motivated and committed to their fitness goals.



5. Fun and enjoyment: Group fitness classes can be a fun and enjoyable way for older adults to stay active and engaged. The variety of classes available means that there is something for everyone, from dance classes to strength training and everything in between.

To locate **FREE** local senior fitness classes in your area, please visit:

<https://live2bhealthy.com/classes/>

Enter your zip code to find locations near you.

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