



# New Mexico Senior Olympics Health Promotion Virtual Workshops



**Are you looking for new ways to stay healthy and fit while being home during the pandemic?**

We have **FREE** resources to help! Bi-weekly, one-hour **Yoga and Chair** sessions will be held December 2020 – February 2021. New Mexico Senior Olympics is committed to empowering older adults to reduce their risk of falling, help to keep muscles toned and staying healthy overall. And Linda Ozier, registered Yoga Teacher and Personal Trainer is here to help!

Join Linda for **FREE** workshops for seniors 50+ conducted via Zoom. Workshops are limited to the first 20 people who register and sign a waiver. To register, please contact Linda at [todosjuntosfitness@gmail.com](mailto:todosjuntosfitness@gmail.com). You will receive the ZOOM link and instructions via email.

## Why should you participate in a FREE Virtual Workshop?

“Exercise is Medicine” is the slogan of the American College of Sports Medicine. Regular exercise at the appropriate intensity is good for a healthy heart, lungs, and brain; it also improves general physical and mental health. For seniors, building and maintaining muscular strength is paramount for a healthy, independent life. Muscular strength not only is important for keeping the body strong -- it is also a key element in fall prevention. In 2018 among New Mexicans 65 or older, nearly 30% reported falling. Nationwide about 37% of those falls result in injury that requires treatment or restricts activity for at least a day.

<https://www.cdc.gov/homeandrecreationalafety/falls/data/falls-by-state.html>



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**Linda** has a regular exercise program to help you regain or maintain flexibility, coordination, strength, and balance - not too hard, not too easy, but just right for helping you stay active and healthy.

If you are already comfortable getting down on the floor and getting back up, then try a mat (Yoga) class. If that isn't in your comfort zone, try the chair-based class. Each class will help you 'tune in' and pay attention to how your body responds to varied movement while you stay in one place.

### “YOGA FOR HEALTHY LIVING”

#### DATES & TIMES

Tuesdays at 10:30 a.m.

December 8, 2020	December 15, 2020
January 12, 2021	January 19, 2021
February 2, 2021	February 9, 2021

### “MOVING WITH EASE IN A CHAIR”

#### DATES & TIMES

Thursdays at 10:30 a.m.

December 10, 2020	December 17, 2020
January 14, 2021	January 21, 2021
February 4, 2021	February 11, 2021

