

# MILO RECREATION DEPARTMENT

## ENHANCED FITNESS PROGRAM

Monday, Wednesday & Friday  
Starting April 26, 2010  
9:30 – 10:30 am

***Monday is a FREE class***

The Milo Recreation Dept. is offering another **seven week** session of the **ENHANCED FITNESS PROGRAM**. EFP is an evidence-based program out of Seattle, Washington designed specifically for older adults, focusing on flexibility, strength, cardio and balance. We use useful and fun props like hand weights, bouncy balls, foam tubes and elastic bands.

A survey taken after 3-5 months of attending EFP showed that participants experienced positive changes in mood, muscle strength, flexibility and balance. 50% claimed to feel stronger and have more energy. One participant lowered her cholesterol while a few experienced weight loss. "I am amazed and inspired by how far the group has come since the program started," says Cindy Herbest, Fitness Instructor, "I believe that socialization is key for many of the participants, and all of the physical changes are added benefits."

Please call 943-2630 for more information.