

Online Resources

• Exercise & Physical Guide for Older Adults This free guide illustrates exercises for

This free guide illustrates exercises for endurance, strength, balance and flexibility. It also includes worksheets to track progress and a healthy eating overview. To request a copy, visit www.nia.nih.gov/Go4Life or call 800-222-2225.

Senior Health

The website www.nihseniorhealth.gov provides easy to understand health and wellness information for consumers.

• Center for Healthy Aging

The webpage www.ncoa.org/center-for-healthy-aging provides information on falls prevention, flu prevention, disease management, behavioral health and activity programs for older adults.

This Stay Active in Orange County guide was produced in partnership with:

Orange County Parks & Recreation

www.orangeoountyparks.net 407-836-6200

Orange County Office on Aging

www.ocfl.net/seniors 407-254-9277

Other Active Aging Opportunities

All seven of Orange County's Community Centers offer creative opportunities for older adults to stay active and healthy. For a schedule, visit or call the location near you.

• East Orange 12050 E. Colonial Dr., Orlando, FL 32826 407-254-9610

• Hal P. Marston 3933 W. D. Judge Dr., Ste. B, Orlando, FL 32808

• Holden Heights 1201 20th St., Orlando, FL 32805 407-836-6777

407-836-8450

• **John H. Bridges** 445 W. 13th St., Apopka, FL 32703 407-254-9449

Maxey 830 Klondike St., Winter Garden, FL 34787 407-254-1970

• Pine Hills 6408 Jennings St., Orlando, FL 32818 407-254-9107

• Taft 9450 S. Orange Ave., Orlando, FL 32824 407-254-1950

Activities to Help You Stay Fit

Aerobic activity (also known as cardio) that is moderate to vigorous in intensity for at least 10 minutes increases your stamina, giving you more energy for work and play. Popular choices are walking, cycling, aerobic dance, cardio machines, swimming, dancing and hiking.

Muscle-strengthening activities include yoga, resistance training with elastic bands, free weights and weight machines. It's important to work all muscles of the body–legs, hips, back, chest, arms, stomach and shoulders.

Bone-strengthening activities include weight training, walking, hiking, jogging, climbing stairs, tennis and dancing. These activities help build and maintain bone density.

Balance and stretching activities enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, Pilates, yoga, martial arts and Tai Chi.

Healthy Tips to Follow Each Week

- Engage in at least 150 minutes of moderate cardio exercise.
- Do strength training at least twice a week.
- Exercise to prevent falls and improve your ability to remain self-sufficient.
- Include activities from each of the four categories listed above.
- Stretch every day!

IMPORTANT NOTE: Prior to beginning an exercise program, please consult your physician.

Benefits of Regular Exercise

- Reduces risk of developing diabetes, osteoporosis, high blood pressure, heart disease and obesity. If you have any of these chronic conditions, excreise may help you manage better.
- Increases strength and improves balance, making falls and injuries less likely to happen—1 in 3 people 65 and older falls each year and 1 in 5 of those falls results in serious injury.
- Helps your thinking, learning and judgement skills stay sharp as you age.
- Reduces risk of depression and may help you sleep better.

SOURCE: Centers for Disease Control and Protection: www.cdc.gov







Stay Active in Orange County

Recreational opportunities & activities for adults 50+



Staying Active is Important!

Staying active can be fun and offers significant health benefits! It's especially important to stay in good physical health later in life. As we age, our bodies lose muscle mass, which means regular activity is essential to maintaining strength and flexibility. It can also:

- Boost your energy level
- Help you manage symptoms of illness or pain
- Allow you to remain independent
- Add years to your life¹

Activities like exercise and sports not only make you stronger, they are beneficial to your mind, mood and memory. The Orange County community offers many opportunities and places for older adults to enjoy a wide variety of recreational and healthy activities.

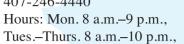
From dancing or fitness classes to bridge clubs or social events, there's something for everyone at center locations throughout Orange County. Most programs and activities are free, but some charge a nonimal fee.

¹Source: "Physical Active Guidelines for Americans," Centers for Disease Control and Protection 2008 (CDC)

Where to Go for Recreation

Beardall Senior Center

800 Delaney Ave. Orlando, FL 32801 407-246-4440



Fri. 8 a.m.–5 p.m., Sat. 9 a.m.–10 p.m. (Ages 55+ computer/fitness ctr. / 21+ programs)

Bus stop within ¼ mile Maintained by City of Orlando www.cityoforlando.net/fpr/senior-programs

Fran Carlton Center

11 North Forest Ave. Apopka, FL 32703 407-703-1642

Hours: Mon.–Fri. 8 a.m.–5 p.m.

Senior Activities: Tues.—Wed. 9 a.m.—5 p.m., Thurs.—Fri. as needed (Ages 50+)

Bus stop within ¼ mile

Maintained by City of Apopka

www.apopka.net/departments/recreation

Jessie Brock Community/ Senior Center

310 N. Dillard St. Winter Garden, FL 34787

407-656-4155

Hours: Mon.-Fri. 8 a.m.-5 p.m.

(Ages 50+)

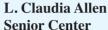
No bus stop within ¼ mile

Maintained by City of Winter Garden

www.cwgdn.com/resident/recreation/active

PLEASE NOTE:

Hours of operation and programming are subject to change without notice. Age minimums vary by facility and/or program. Contact center for more information.



1840 Mable Butler Ave. Orlando, FL 32805 407-246-4461

Hours: Mon.-Tues. 8 a.m.-7 p.m.,

Wed.-Fri. 8 a.m.-6 p.m., Sat., noon-6 p.m. (Ages 50+ programs / Ages 21+ evening fitness)

Bus stop within ¼ mile

Maintained by City of Orlando
www.cityoforlando.net/fpr/senior-programs

Maitland Senior Center

345 S. Maitland Ave. Maitland, FL 32751 407-539-6251

Hours: Mon.–Fri. 9 a.m.–4 p.m.

(Ages 50+)

Bus stop within ¼ mile

Maintained by City of Maitland www.itsmymaitland.com - search for "senior center"

Marks Street Senior Recreation Complex

99 E. Marks St. Orlando, FL 32803 407-254-1066

Hours: Mon.–Sat. 8 a.m.–8 p.m.,

Sun. 1–6 p.m. (Ages 55+) Bus stop within ¼ mile

Maintained by Orange County Government www.orangecountyparks.net





Renaissance Senior Center

3800 S. Econlockhatchee Trail Orlando, FL 32829 407-254-9070

Hours: Mon.—Sat. 8 a.m.—8 p.m., Sun. 1 p.m.—8 p.m.

(Ages 55+ fitness center / Ages 18+ programs)

No bus stop within ¼ mile

Maintained by Orange County Government

www.orangecountyparks.net

Tom Ison Seniors & Veterans Center

1701 Adair St. Ocoee, FL 34761 407-592-4498

Hours: Mon., Tues., Thurs. 8 a.m.–4 p.m., Wed., Fri. 8 a.m.–noon, Sun. 1 p.m.–7 p.m.

Bus stop within ¼ mile
Managed by West Orange Seniors, Inc.
www.ocoee.org/174/Senior-Programs

Winter Park Community Center

721 W. New England Ave. Winter Park, FL 32789 407-599-3275

Hours: Mon.–Fri. 8 a.m.–9 p.m.,

Sat. 9 a.m.–8 p.m., Sun. 10 a.m.–5 p.m. Senior Activities: Mon.–Fri. 9 a.m.–1 p.m. (Ages 55+)

Bus stop within ¼ mile

Maintained by City of Winter Park www.cityofwinterpark.org



Types of Classes & **Activities** Offered* Art Lessons **Arts & Crafts** Bingo Book Club Card / Board Games Common Social Area **Computer Classes Cooking Classes** (\$) / Activities **Dancing Classes** / Lessons **(\$) (\$) Day Trips Educational Classes** / Seminars **Exercise Classes Fitness Center** Resource Information Karaoke Library / Book Sharing Movies Pool / Billiards / Ping Pong **Room Rentals** Social / Dance Events Walking Classes / Programs Yoga / Tai Chi

⑤ There may be a fee charged to participate in this activity.

^{*}Activities listed are subject to change without notice.