

With the help of SilverSneakers, The Hemsworth Wellness Center at Maple Knoll Village can now be your headquarters for fitness. SilverSneakers, a Medicare Supplement Covered Plan, can help you take charge of your health and for most people for free!

Certain Medicare Supplement Plans will allow for you to join a specific work out facility at no cost to you. The Hemsworth Wellness Center at Maple Knoll Village is proud to be one of those facilities that now offers the SilverSneakers Program. Your SilverSneakers fitness membership gives you access to The Hemsworth Wellness Center's amenities, including SilverSneakers classes, access to our Warm Water Pool, Whirlpool, Sauna, and our state of the art Gym Equipment. A Program Advisor from The Hemsworth Wellness Center, is available to answer questions and guide you along your fitness journey.

Here are some helpful tips for staying active:

- Engage in at least 30 minutes of moderate activity, such as brisk walking, on five or more days.
- Include strength training exercises in your regular workouts at least twice a week to improve and maintain muscular strength and endurance.
- If you have difficulty with your mobility, perform moderate amounts of low-impact activities such as swimming, water exercises or stretching.
- Gentle forms of yoga (Monday & Wednesday at 3:30) and tai chi (Tuesday at 2:15) to help to promote flexibility, improve balance and increase strength.

The classes offer something for everyone and can help improve overall strength, flexibility and balance. The program is there to help you meet your health and fitness goals.

Please contact your Healthcare Provider to see if you are eligible to join the SilverSneakers Program. You may also contact The Hemsworth Wellness Center at Maple Knoll Village at 513.782.4340 for help in determining if you are eligible. Call and schedule an appointment or just walk in for an orientation, sign up for classes and be ready to have fun, and make new friends.