

Be Active For Life!



A Fitness Resource Guide for
San Luis Obispo County
Older Adults

2007



2008

Active Aging Task Force of San Luis Obispo County

Active Aging Task Force Project

Welcome to San Luis Obispo County's Active Aging Resource Guide! The 2007/2008 premier Fitness Resource Guide reflects the collaboration of several San Luis Obispo County Community Agencies and volunteers who recognized the many benefits of physical activity for adults. Supported through a grant from the Area Agency on Aging, this guide was developed to promote physical activity among those 50 and over by increasing awareness of the many fitness programs and activities offered throughout San Luis Obispo County.

This Resource Guide lists a broad range of physical activity programs, organizations, and resources for people 50 and over. For your convenience, activities are separated into four regions, namely North County, Coast, San Luis Obispo and South County.

Activity programs often change. Be sure to always call the class before attending for the latest and most up-to-date information. Should you become aware of a discrepancy or if you should have suggestions of additional programs or activities, please share them with us by calling 805.470.3426 or e-mail jfanning@atascadero.org.

If exercise could be packed into a pill, it would be the single most widely prescribed, and beneficial, medicine in the nation."

Robert N. Butler, M.D., former Director, National Institute on Aging

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Agency information is listed from North County to South County!

Benefits of Exercise

Congratulations! You are joining an elite team of women and men who appreciate that exercise is one of the healthiest things you can do.

Think of Exercise as a Lifestyle

Think about making a one-month commitment to exercise. If you are able to increase your physical activity for 30 days, that's a good sign that you are on your way to making exercise and physical activity regular, life-long habits. Let's get started!

Why Older Adults Should Exercise

The notion that exercise is good for you has been a r o u n d for quite a while, but until recently older adults have been left out of the picture. Today, new information is emerging from research: people of all ages and physical conditions benefit from exercise and physical activity.

Why I Exercise

Scientific studies show that staying physically active and exercising regu-



larly can help prevent or delay many diseases and disabilities. Scientists find that even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Are You Ever too Old to Exercise?

Exercise and physical activity are among the healthiest things you can do for yourself, but some older adults are reluctant to exercise. Some are afraid that exercise will be too strenuous or that physical activity will harm them. Yet, studies show that exercise is safe for people of all age groups and that older adults hurt their health far more by not exercising than by exercising.

Benefits of Exercise

An inactive lifestyle can cause older people to lose ground in four areas that are important for staying healthy and independent: strength, balance, flexibility, and endurance. But research suggests that exercise and physical activity can help older people maintain or partly restore these four areas.

Exercise Improves Your Quality of Life

Growing older doesn't mean people have to lose their strength or their ability to do everyday tasks. Exercise can help older adults feel better and

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enjoy life more, even those who think they're too old or too out of shape.



Increasing strength and endurance make it easier to climb stairs and carry groceries. Improving balance helps prevent falls. Being more flexible may speed recovery from injuries. If you make exercise a regular part of your daily routine, it will have a positive impact on your quality of life as you get older.

The Active Aging Taskforce does not endorse any one particular exercise program or membership at any specific health club(s). The Taskforce is not financially nor legally responsible for any individual physical injury or financial loss which may be incurred as a result of participation in a listed activity or health club membership. The distribution of this resource guide is done as a service to those adults over age 50 to promote physical fitness health.

Charting Your Progress

It can be very motivating to chart your progress. These simple tests measure endurance, lower-body power, strength, and balance. Test yourself before starting to exercise to get a baseline score.

For endurance exercises, see how far you can walk in exactly six minutes. Write down how far you walked in feet, blocks, laps, miles, number of times you walked up and down a long hallway, or whatever is convenient for you. Test and record your scores each month.

For lower-body strength, time yourself as you walk up a flight of stairs as fast as you can safely. Test and record your scores each month.

For upper-body strength exercises, record how much weight you lift and how many times you lift that weight.

For balance exercises, time yourself as you stand on one foot, without support, for as long as possible. Stand near something sturdy to hold onto in case you lose your balance. Repeat the test while standing on the other foot. Test and record your scores each month.

Strike Out Stroke

By Peggy Rothschild

Nearly 5 million people in the US today have survived a stroke. Of the 750,000 strokes that occur in the United States each year, 600,000 of these could be prevented.

A stroke or “brain attack” can be caused both when a blood clot blocks an artery or when a blood vessel ruptures. In either circumstance, the flow of blood and oxygen to the brain is interrupted, causing brain damage. When brain cells die as the result of a stroke, functions controlled by the affected part of the brain are lost. Abilities frequently impacted by stroke include speech, movement and memory.

Common Stroke Symptoms

- Sudden numbness or weakness in the face, arm or leg – especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Every minute counts when surviving and recovering from a stroke. If you should experience a stroke, call 911 immediately

Stroke Risk Factors

There are two types of stroke risk factors – those which can be controlled, and those which cannot be controlled. Stroke factors which cannot be controlled include:

- Being over age 55
- Being male
- Being African American
- Being Hispanic
- Being Asian/Pacific Islander
- Having a family history of stroke

Controllable medical stroke factors include:

- High Blood Pressure
- Diabetes
- Heart disease
- Atrial fibrillation
- Carotid artery disease

Controllable lifestyle stroke factors include:

- Smoking
- Overweight
- Drinking too much alcohol
- Lack of exercise



Exercise Speeds Healing

Exercise is good for you. It helps you lose weight, stay flexible, reduce the risk of diabetes and heart disease and now may help wounds heal faster.

A study from the Ohio State University published in the Journal of Gerontology: Medical Sciences has found that regular exercise speeds up the wound healing process up to 25%. Wounds that heal faster are much less prone to becoming infected.

This is important news for seniors. The body’s natural ability to heal even small wounds decreases with age. This study included several (28) older adults of whom about half participated in exercise on a regular basis, and half who did not exercise. Each participant in the study received a small puncture wound on the back of the upper arm. The wounds were photographed three times a week until they were no longer visible. In the group that participated in the exercise group the researchers found that skin wounds healed an average of 10

days faster than those who did not exercise.

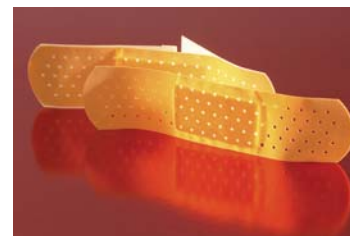
The exercise sessions included 10 minutes of warm-up floor exercises and stretching followed by 30 minutes of pedaling on a stationary bike. The participants then either walked briskly or jogged on a treadmill for 15 minutes. This was followed with 15 minutes of strength training, with five minutes of cool-down exercises at the end of each exercise session. The exercises were done three times a week during the study.

At the end of the study, the researchers found that skin wounds healed an average of 10 days faster in the people who exercised (29 days in the exercise group versus 39 days in the non-exercise group.)

One surprising finding in the participants was an increase in cortisol levels. Cortisol is also called the “stress hormone” and exercise was generally felt to reduce stress. “The stress of exercise may enhance the regulation of cortisol,” Charles Emery, lead author of the study said. “This increase in cortisol levels may represent a biological pathway by which exercise helps wounds heal.”

This study supports the advice of medical experts who recommend exercise for health. The exercise regime used in the study could be easily followed by most seniors.

Source: Ohio State University



City of Paso Robles



600 Nickerson Dr., Paso Robles, 93446

805.237.3991

www.prcity.com

| Class Type | Day | Time | Cost | Location |
|-------------------------|-----------|--------------|--------------|-----------------|
| Yoga | Mon & Wed | 6:00-7:10 pm | \$37/month | Centennial Park |
| Tai Chi | Wed | 5:15-6:15 pm | \$37/month | Centennial Park |
| Drop-In Senior Softball | Thurs | 4:00-6:00 pm | FREE | Barney Schwartz |
| Ballroom Dance | Tues | 7:00-8:00 pm | \$35/session | Centennial Park |

Paso Robles Senior Center



270 Scott St., Paso Robles, 93446

805.237.3880

www.prcity.com

| Class Type | Day | Time | Cost | Location |
|---------------------|----------------|----------------|------------|---------------|
| Flexercise | Tues | 9:00-10:00 am | FREE | Senior Center |
| Longevity Exercises | Wed | 10:00-11:00 am | FREE | Senior Center |
| Walking Group | Tues | 10:00 am | FREE | Senior Center |
| Lite-R-Cize | Mon, Wed & Fri | 10:00-11:00 am | \$28/month | Senior Center |
| Yoga | Mon, Wed & Fri | 3:00-4:00 pm | FREE | Senior Center |

Atascadero Community Services



6907 El Camino Real, Atascadero, 93422

805.461.5000

www.atascadero.org

| Class Type | Day | Time | Cost | Location |
|----------------|--------------|--------------------------------|--------------|----------|
| Yoga | Mon & Fri | 9:00-10:15 am 9:30-10:45 am | \$7/class | Pavilion |
| Tai Chi | Tues & Thurs | 9:30-10:45 am | \$65/session | Pavilion |
| Ballroom Dance | Mon | 7:00-8:00 pm | \$35/session | Pavilion |
| Clogging | Wed | 6:00-7:00 pm | \$20/session | Pavilion |

Templeton Community Services District



601 S. Main St., Templeton, 93465

805.434.4909

www.templetoncsd.org

| Class Type | Day | Time | Cost | Location |
|--------------------|--------------|---|-----------|------------|
| Yoga | Mon | 9:00-10:00 am 6:00-7:00 pm | \$8/class | Rec Center |
| Yoga | Wed | 9:00-10:00 am 5:30-6:30 pm 6:00-7:00 pm | \$8/class | Rec Center |
| Tai Chi | Tues & Thurs | 11:00 am-12:00 pm | \$5/class | Rec Center |
| Western Dance | Tues | 7:00 pm-9:00 pm | \$5/class | Rec Center |
| Feldenkrais Method | Mon | 7:30-8:30 pm | \$8/class | Rec Center |

Body Motion Fitness

5850 Rosario, Atascadero, 93422
805.466.8610

| Class Type | Day | Time | Cost | Location |
|-----------------------------|----------------|--------------|------------|--------------------------------|
| Strength Training & Balance | Mon, Wed & Fri | 7:30-8:30 am | \$30/month | Community Church of Atascadero |

Cayucos Senior Center

200 So. Ocean, Cayucos, 93430
805.995.3543

| Class Type | Day | Time | Cost | Location |
|-------------------------|----------------|---------------|------|---------------|
| Senior Exercise Program | Mon, Wed & Fri | 9:00-10:00 am | FREE | Senior Center |

Cambria Jocelyn Center

950 Main, Cambria, 93428
805.927.3364

| Class Type | Day | Time | Cost | Location |
|------------------------|----------------|--------------|------------|----------|
| Yoga | Mon & Thurs | 4:30 pm | \$5/class | Center |
| Yoga | Sat | 9:00 am | \$8/class | Center |
| Stretchercize | Mon, Wed & Fri | 10:00 am | FREE | Center |
| Beg Belly Dancing | Mon | 6:00-7:00 pm | \$5/person | Center |
| Expression Dance Class | Mon | 7:00-9:00 pm | FREE | Center |
| Beg Line Dancing | Fri | 5:00-6:15 pm | \$2/person | Center |
| Trance Dance | Wed | 7:00-9:00 pm | FREE | Center |

Morro Bay Community Center & Library

1001 Kennedy Way, Morro Bay, 93442
805.772.4421



| Class Type | Day | Time | Cost | Location |
|------------|--------------|------------------------------|--------------|----------|
| Aces | Tues & Thurs | 9:00-10:00 am | FREE | Aud. W |
| P.A.C.E. | Tues & Thurs | 10:30-11:30 am | FREE | Aud. W |
| Tai Chi | Thurs | 5:30-6:30 pm | \$65/8 weeks | Library |
| Yoga | Tues Sun | 6:00-7:15 pm 8:30-9:45 am | \$10/class | Library |
| Yoga | Tues & Thurs | 10:00-11:15 am | \$10/class | Aud. E |

South Bay Community Center

2180 Palisades Ave, Los Osos, 93402
805.528.2626

| Class Type | Day | Time | Cost | Location |
|------------------|------|--------------|--------------------------|------------------|
| Ballroom Dancing | Mon | 1:00-3:00 pm | \$5/person or \$8/couple | Community Center |
| Folk Dancing | Tues | 1:00-3:00 pm | Donation | Community Center |

San Luis Obispo County YMCA



1020 Southwood Dr, San Luis Obispo, 93401
805.543.8235
www.sloymca.org

| Class Type | Day | Time | Cost | Location |
|-------------------|-------------------|----------------|-------|-----------------|
| Restorative Yoga | Tues, Thurs & Sat | 9:30-10:30 am | FREE* | YMCA |
| Silver Sneakers | Mon, Wed & Fri | 11:00-12:00 pm | FREE* | YMCA |
| Yoga & Meditation | Sun | 11:30-12:30 pm | FREE* | YMCA |
| Beg Yoga | Mon | 6:20-7:20 pm | FREE* | YMCA |
| Aqua Aerobics | Mon-Sat | 11:40-12:30 pm | FREE* | Sinsheimer Pool |

*These classes are free to YMCA members. Non-members pay \$10/class

San Luis Obispo Parks & Recreation



1341 Nipomo, San Luis Obispo, 93401
805.781.7300

www.slocity.org/parksandrecreation

| Class Type | Day | Time | Cost | Location |
|------------------|--------------|-------------------|-----------------------|------------------|
| Restorative Yoga | Mon | 5:45-7:00 pm | \$65/session | Ludwick |
| Walking Group | Wed | 9:30 am | FREE | Laguna Lake Park |
| Aerobic Exercise | Tues & Thurs | 10:00-11:00 am | | Senior Center |
| Aqua Aerobics | Mon-Sat | 11:40 am-12:30 pm | \$2/day or \$30/month | SLO Swim Center |

Cuesta College

Highway 1, San Luis Obispo, 93403



CUESTA COLLEGE

805.546.3950

www.communityprograms.net

| Class Type | Day | Time | Cost | Location |
|---------------------|--------------------------------|----------------|--------------------------------|----------------|
| Aquakinetics | Mon, Wed & Fri Tues & Thurs | AM Hours | \$160/session \$119/session | Warm Pool |
| Aqua Aerobics | Mon, Wed & Fri Tues & Thurs | 4:30 & 5:30 pm | \$157/session \$116/session | Warm Pool |
| Tai Chi | Tues | 5:30-6:45 pm | \$8/class | Room 1105 |
| Longevity Exercises | Sun | 1:30-4:30 pm | \$45/session | No. Co. Campus |

San Luis Obispo Unified Adult School

1500 Lizzie St., San Luis Obispo, 93401
805.549.1222

<http://ae.slcusd.org>



| Class Type | Day | Time | Cost | Location |
|---------------------|--------------|-------------------|------------------------|------------|
| Sit & Get Fit | Mon & Wed | 12:45-1:45 pm | \$15 lab fee | Room G3 |
| Strength Training | Mon & Wed | 10:35 am-12:05 pm | \$15 lab fee | Room G3 |
| Beginning Yoga | Tues & Thurs | 7:00-8:00 pm | \$68/session (8 weeks) | Room J3 |
| Holistic Hatha Yoga | Mon & Wed | 5:30-7:00 pm | \$85/session | Room J3 |
| Tai Chi | Mon & Wed | 8:55-9:55 am | \$25 lab fee | Room J3 |
| Beginning Swing | Mon | 7:45-8:45 pm | \$32/session | Taylor Gym |

Pre-registration required for all classes

Central Coast Senior Center

1580 South Railroad St, Oceano, 93445
805.481.7886

| Class Type | Day | Time | Cost | Location |
|------------|-----|----------------|------------|---------------|
| Yoga | Mon | 10:00-11:00 am | \$10/month | Senior Center |

**\$10/year membership fee*

United Methodist Church

275 N. Halcyon Rd, Arroyo Grande, 93420
805.481.2692

| Class Type | Day | Time | Cost | Location |
|------------------------------|--------------|--------------|----------|----------|
| Exercise Program for Seniors | Tues & Thurs | 8:30-9:30 am | Donation | Church |

City of Pismo Beach

780 Bello St, Pismo Beach, 93449

805.773.7063

www.pismo-beach.org



| Class Type | Day | Time | Cost | Location |
|----------------------------|-------------------|---------------|------------|--------------------|
| Active Fit for Seniors | Tues & Thurs | 9:00-10:00 am | \$40/month | Veteran's Hall |
| P.A.C.E. | Mon & Wed | 9:00-10:00 am | FREE | Veteran's Hall |
| Self Defense & Empowerment | Mon (check dates) | 6:00-10:00 pm | FREE | Veteran's Hall |
| Ballroom Dance | Mon | 7:15-8:15 pm | \$7/class | Veteran's Hall |
| Latin American Dance | Mon | 8:15-9:15 pm | \$7/class | Veteran's Building |

New Life Community Church



990 James Way, Pismo Beach, 93449

805.489.3254

newlife@nlccn.org

| Class Type | Day | Time | Cost | Location |
|-------------------------|----------------|--------------|--------------------|-----------------|
| Strengthening & Balance | Mon, Wed & Fri | 8:30-9:30 am | \$1/class donation | New Life Church |

Nipomo Senior Center

200 E. Dana, Nipomo, 93444

805.929.1615

| Class Type | Day | Time | Cost | Location |
|-------------------|----------------|----------------|------|---------------|
| Strength Training | Mon, Wed & Fri | 10:00-11:00 am | FREE | Senior Center |

Help for Painful Joints

If you have a special interest in arthritis, you can write the Arthritis Foundation for information about its resources and services. The address is P.O. Box 18888, Atlanta, GA 30326. For online information, visit www.arthritis.com.



Health Clubs in SLO County

Listed in alphabetical order

Ardy's Fitness Training
580 Cypress, Pismo Beach
805.773.3863

Athlon Health & Fitness
www.athlonhealth.com
1345 Park St, Paso Robles
805.226.0232
&
805 Aerovista, SLO
805.546.6070



Avila Bay Athletic Club
www.avilabayclub.com
6699 Bay Laurel Pl,
Avila Beach
805.595.7600



Cambria Community Fitness
1235 Knollwood, Cambria
805.927.2767

Champions Health & Racquet Club
8850 Santa Rosa,
Atascadero
805.462.8888

Fitness Works
500 Quintana, Morro Bay
805.772.8969

Curves for Women
www.curvesinternational.com
Arroyo Grande 805.481.3333
Atascadero 805.461.3444
Cambria 805.927.2520
Los Osos 805.534.0689
Paso Robles 805.238.3224
San Luis Obispo 805.543.4563
Templeton 805.434.5092

Kennedy Club Fitness
www.kennedyclubs.com
Atascadero 805.466.6775
Arroyo Grande 805.481.2888
San Luis Obispo 805.781.3488
Downtown SLO 805.781.3489



Health Clubs Cont'd

Ladies Workout Express

481 Madonna Rd,
San Luis Obispo
805.544.5239

Los Osos Fitness

www.losososfitness.com
1078 Los Osos Valley Rd
805.528.1190

Pismo Beach Athletic Club

1751 Price St, Pismo Beach
805.773.3011

Slender Lady

www.slenderlady.com
Atascadero 805.462.3476
Morro Bay 805.771.8200
Nipomo 805.929.3555
Paso Robles 805.238.9395
San Luis Obispo 805.544.0077

The Studio- Fitness for Women

3930 Broad St,
San Luis Obispo
805.541.1100

World Gym

www.worldgym.com
1131 Creston Rd,
Paso Robles
805.239.4023

World Gym

www.worldgym.com
505 Sandydale Dr,
Nipomo
805.929.2782

Walking Clubs

PACE Setters

Wed ~ 10:00 am
Ramona Gardens Park
933 Ramona Ave,
Grover Beach
805.473.4580

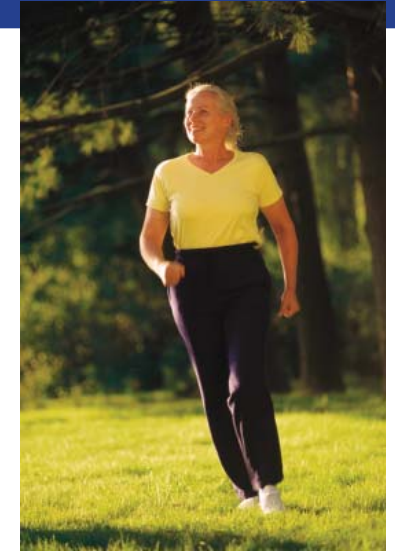
SLO Soles Volksporing

www.slosoles.org
6485 Calabaza Way
Paso Robles, CA 93446

Walking Clubs Cont'd

Pismo Beach Walking Club

Mon, Wed & Fri
7:30-8:30 am
Meet @ south side of Pismo
Pier parking lot (next to
wooden stairs)
Joyce Knight
805.489.9777



Hiking

There are many “out of gym” opportunities for fitness! A few are listed below, however consulting the local newspaper frequently provides additional information on group hikes sponsored by local organizations.

Hikes in and around San Luis Obispo...

- ♦ Bishop Peak
- ♦ Reservoir Canyon
- ♦ Terrace Hill
- ♦ Islay Hill
- ♦ South Hills
- ♦ Laguna Lake
- ♦ Cerro San Luis
- ♦ Ranger Led Hikes (SLO Parks & Rec Dept)

For information about these hikes obtain the SLO Parks & Recreation Department's open space map from park headquarters at 1341 Nipomo St, or by calling 805.781.7300, or go online at www.slocity.org.

Additional trails around the County can be located by contacting SLO County Parks and Recreation at www.slocountyparks.com.

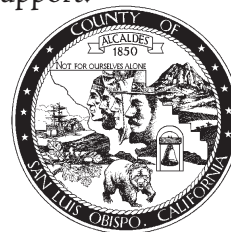
Internet Resources

| | |
|--|--|
| AARP | www.aarp.org |
| Active Aging Partnerships | www.agingblueprint.org |
| Administration on Aging | www.aoa.gov |
| Centers for Disease Control and Prevention | www.cdc.gov |
| Fifty-Plus Fitness Assoc. | www.50plus.org |
| National Association for Health & Fitness | www.physicalfitness.org |
| National Center on Physical Activity & Disability | www.ncpad.org |
| National Coalition for Promoting Physical Activity | www.ncppa.org |
| National Institute on Health | www.nihseniorhealth.gov |
| National Library of Medicine (Medline) | www.nlm.nih.gov/medlineplus/exerciseforseniors.html |
| The Robert Wood Johnson Foundation | www.rwif.org |



Acknowledgements...

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