



HealthEASE MOVE TODAY Exercise Program



HealthEASE is a safe, exercise program developed by a physical therapist in conjunction with the NJ Department of Health & Senior Services. Participants in this program will be able to do the following:

- ❖ Increase strength
- ❖ Increase flexibility
- ❖ Improve posture
- ❖ Improve body mechanics (how to properly use your bodies during daily activities)
- ❖ Apply the information to your daily lives

10 Reasons to exercise

- ❖ Improves quality of life
- ❖ Relieves depression
- ❖ Helps prevent certain types of cancer
- ❖ Enhances self-image
- ❖ Relieves stress & anxiety
- ❖ Helps to reduce heart disease
- ❖ Can help slow the aging process
- ❖ Increase the “GOOD” (HDL) cholesterol
- ❖ Improves quality of sleep
- ❖ Improves mental sharpness

Classes will be held on Wednesday's beginning on March 25th from noon-1pm in the 11th St Community Center (the senior room). This program is free but pre-registration & doctor's medical clearance is required. For more info call Jeanne 693-5407 or email her at recreation@townshipofocean.org

The Ocean Twp Municipal Alliance received funding for this program through a grant from the Governor's Council on Alcoholism & Drug Abuse {GACADA}.