



Wellness Tip of the Week

with the Area Agency on Aging District 7

Be "Fit"

A way to remember the three building blocks of your exercise program is:

Be FIT: F = Frequency; I = Intensity (how hard); and T = Time (how long). Always check with your healthcare provider before beginning any exercise program. To learn more about how exercise is incorporated as a part of our wellness classes, call us at 1-800-582-7277 or e-mail info@aaa7.org.