



BOULDER COUNTY

PHYSICAL ACTIVITY RESOURCE GUIDE

fall 2020

Participating in regular physical activity is one powerful way you can reduce your risk of falling, however the cancellation of many in-person activities has made this challenging. To help you find ways to stay motivated, we have put together a list of some programs being offered in-person and virtually. *Please remember that activities are subject to change. It is always best to check with the individual location to confirm program details.*

If you are already exercising on a regular basis keep it up! If you haven't been active in the last few years, don't worry, *it's never too late to start!* But, remember to check with your doctor before starting to find out which types of exercise are best for you. This is a list of some of the physical activities available at Boulder County Partners for Falls Prevention locations. It is meant to be a starting point, not a complete list of all the exercise options in Boulder County and it is not an endorsement of any facility.

Body Dynamics, Inc

In person classes: Pilates based core work for seniors
Virtual classes: Posture classes, foot to core sequencing with Naboso mats
For more information: <https://bodydynamics.net/wendyimclure@gmail.com> or call 303-440-5776

Boulder County Area Agency on Aging

All health education programs are being offered virtually at this time.
Falls Prevention Week programming is available at www.bouldercountyfallsprevention.org
For more information on programs call, 303-441-4583 or email us, infohealthyaging@bouldercounty.org

Boulder Community Health

Boulder Community Health's new Virtual Wellness Series, *Be Well Saturdays*, is a new video series that will premiere on the second Saturday of each month. Join BCH Community Outreach Coordinator and host Gina Simmering, RN and guests to hear a variety of tips on how to stay active, eat healthy and be well from BCH physicians and community partners.

<https://www.bch.org/Our-Services/Primary-Care/Be-Well-Saturdays.aspx?furl=bewell>

City of Boulder Age Well Center

To find out more about upcoming programs check the website: <https://bouldercolorado.gov/older-adults>

Boulder Parks and Recreation

Offering in person & virtual fitness classes.

Check the website for information: www.BPRfitness.org
Check Boulder's Parks and Open Spaces for information on nature hikes and outdoor yoga classes
<https://bouldercolorado.gov/osmp/nature-hikes>



Information & Assistance for Aging Well
303-441-3599
www.BoulderCountyAging.org

Erie Active Adults, Erie Community Center

In-person classes: Beginner Tai Chi in the Park, Sunset Strolls with staff, Beginner I & II Line Dancing, self-guided Erie Never Stops Walking Program

Virtual classes: Zoom meditation, Active Living Every day, Silver Sneakers

For more information contact Cindy Hickman chickman@erieco.gov or 303-926-2795

Lafayette Senior Center

Offering virtual Tai Chi classes.

For information contact Heide Barrowman, barrowman.lafayette@gmail.com

Lafayette/Bob Burger Recreation Center

Offering in person & virtual fitness classes including Silver Sneakers.

Check the website for information: <https://www.cityoflafayette.com/2037/Programs-Events>

Louisville Recreation & Senior Center

Offering in person & virtual fitness classes.

Check the website for information:

<https://www.louisvilleco.gov/living-in-louisville/recreation-senior-center/programs-activities/fitness/fitness-class-schedule>

For more information contact Katie Tofte, 303-335-4919, ktofte@louisvilleco.gov

Longmont Recreation Centers

Offering in person & virtual fitness classes.

Check the website for information:

<https://www.longmontcolorado.gov/departments/departments-n-z/recreation-services/adult-recreation-programs>

Longmont Senior Center

In-person: Feldenkrais outdoors and two group bike rides

Virtual: A variety of virtual programs are being offered.

For more information contact the Longmont Senior Center, 303-651-8411 or <https://www.longmontcolorado.gov/departments/departments-n-z/senior-services/activities-and-programs>

TOWN OF SUPERIOR

For more information check their website:

<https://www.superiorcolorado.gov/departments/parks-recreation-open-space>

Vintage Moves

A variety of workshops are available including a seated exercise class are being offered virtually. Workshops are educational and practical in nature and focus on the individuals' strengths and weaknesses.

For more information: www.vintagemoves.co

Contact Laura Olinger at laura@vintagemoves or 303-817-8210

UC Health/Longmont United Hospital

In person: Stepping On

For current class schedule call 720-819-6855

YMCA of Northern Colorado

<https://www.ymcanoco.org/schedules>

YMCA Boulder 303-442-2778

YMCA Lafayette 303-664-5455

YMCA Longmont 303-776-0370

The Y is offering daily live virtual classes using ZOOM.

Current virtual classes include Pilates, Yoga, Silver Sneakers, Zumba and Better Balance.

The Y is no longer doing drop-in group fitness. All in-person classes require advance reservations through our website. The in-person classes have limited number of participants and are outside when possible.

NATIONAL RESOURCES

There are many exercise related articles and videos available online. Here are a few trusted sites you can check out to get started.

The National Institute on Aging

<https://www.nia.nih.gov/health/exercise-physical-activity>

En español: <https://www.nia.nih.gov/espanol/ejercicio>

The Arthritis Foundation

<https://www.arthritis.org/health-wellness/detail?content=healthyliving&ga=2.111901316.1613969395.1599156204-1655772451.1599156204>

En español: <http://espanol.arthritis.org/espanol/ejercicio/ejercicio-general/>

National Center on Health, Physical Activity and Disability (NCHPAD)

<https://www.nchpad.org/1754/6911/Inclusive~Home~Workouts>

<https://bit.ly/2Qoliao>

These videos have a closed captioning option and offer translations into other languages.

Click on the settings icon at the bottom of the video.

Select subtitles, then select auto-translate.

You can select your language preference from the drop-down menu.