

PHYSICAL ACTIVITY RESOURCE GUIDE

fall 2021



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 | 303-440-5776

Online and in-person pilates and yoga classes. For more information - [Pilates, Personal Training, Group Fitness](#) - <https://bodydynamics.net/>
email info@bodydynamics.net

Boulder Community Health | 303-415-7000

Be Well Saturdays: 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 some of our wonderful community partners.

[Be Well Saturdays](https://www.bch.org/our-services/primary-care/be-well-saturdays/?furl=bewell) - <https://www.bch.org/our-services/primary-care/be-well-saturdays/?furl=bewell>
[BCH calendar of events](https://www.bch.org/community-events/) - <https://www.bch.org/community-events/>

Boulder County Area Agency on Aging | 303-441-4583

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 Open Space and Mountain Parks

Offering nature hikes and outdoor yoga classes for all ages, for more information visit - <https://bouldercolorado.gov/osmp/nature-hikes>

Boulder Parks and Recreation

Offering in person and virtual fitness programs for all ages, for more information visit - www.BPRfitness.org

City of Boulder Age Well Center | 303-441-3148

Offering in person and virtual programs for older adults 60+, for more information visit - <https://bouldercolorado.gov/older-adults>

El Centro Amistad | 303-443-9899

Clases de Yoga virtuales ofrecidas por Facebook, "Grupo de Ejercicio de AMISTAD" Cada miércoles a las 6 p.m.

Para más información info@elcentroamistad.org
<https://www.elcentroamistad.org/>

Erie Active Adults, Erie Community Center: | 303-926-2795

Multiple classes and workshops for older adults to help them take control of their health and remain active in both the community and home.

Check out programs like [SilverSneakers](#) - <https://www.erieco.gov/823/SilverSneakers>
or [Renew Active](#) - <https://www.erieco.gov/1640/Renew-Active>

For information contact Cindy Hickman at chickman@erieco.gov.



Information & Assistance for Aging Well

303-441-4583

infohealthyaging@bouldercounty.org

**Lafayette Bob L. Burger
Recreation Center** | 303-665-0469

Offering water aerobics, Silver Sneakers and hybrid Tai Chi classes.

For information visit [City of Lafayette Fitness Page](https://www.lafayetteco.gov/2607/Fitness) - <https://www.lafayetteco.gov/2607/Fitness>

Lafayette Senior Center | 303-665-9052

Offering Tai Chi 1 and Tai Chi Form both in person and hybrid.

For class schedule and information visit - <https://www.lafayetteco.gov/265/Senior-Services>

**Longmont Recreation
Center** | 303-774-4800

Offering in person & virtual fitness classes. Check the website for information: [Adult Recreation Programs](https://www.longmontcolorado.gov/departments/departments-n-z/recreation-services/adult-recreation-programs) -

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

Longmont Senior Center | 303-651-8411

Offering a variety of in person and virtual programs. Classes include Feldenkrais and T'ai Chi.

For more information visit [Activities and Programs](https://www.longmontcolorado.gov/departments/departments-n-z/senior-services/activities-and-programs) - <https://www.longmontcolorado.gov/departments/departments-n-z/senior-services/activities-and-programs>

**Louisville Recreation &
Senior Center** | 303-335-4919

Offering in person & virtual fitness classes. Check the website for information: [Fitness Class Schedule](https://www.louisvilleco.gov/living-in-louisville/recreation-senior-center/programs-activities/fitness/fitness-class-schedule) - <https://www.louisvilleco.gov/living-in-louisville/recreation-senior-center/programs-activities/fitness/fitness-class-schedule> or contact Katie Tofte at 303-335-4919 or by email at ktofte@louisvilleco.gov

TOWN OF SUPERIOR | 303-554-9005

For more information visit [Parks, Recreation & Open Space](https://www.superiorcolorado.gov/departments/parks-recreation-open-space) - <https://www.superiorcolorado.gov/departments/parks-recreation-open-space>

**UC Health/
Longmont United Hospital** | 720-819-6855

Offering the Stepping On program which consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader. In addition, local guest experts provide information on exercise, vision, safety and medications. For current class schedule contact Stephanie Dunn at Stephanie.Dunn@uchealth.org

Vintage Moves | 303-817-8210

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 visit - [Vintage Moves](https://www.vintagemoves.co/) - <https://www.vintagemoves.co/> or contact Laura Olinger at laura@vintagemoves

YMCA of Northern Colorado

The YMCA of Northern Colorado offers a wide variety of exercise programs for active older adults, in person with some virtual offerings. All classes require advance registration through the website.

[Active Older Adults Classes](https://www.ymcanoco.org/health-fitness/fitness-classes/active-older-adults) - <https://www.ymcanoco.org/health-fitness/fitness-classes/active-older-adults>

YMCA Boulder 303-442-2778
YMCA Lafayette 303-664-5455
YMCA Longmont 303-776-0370

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

[Exercise and Physical Activity](https://www.nia.nih.gov/health/exercise-physical-activity) - <https://www.nia.nih.gov/health/exercise-physical-activity>
[En español](https://www.nia.nih.gov/espanol/ejercicio) - <https://www.nia.nih.gov/espanol/ejercicio>

The Arthritis Foundation

[Health and Wellness](https://www.arthritis.org/health-wellness/) - <https://www.arthritis.org/health-wellness/>
[En español](http://espanol.arthritis.org/espanol/ejercicio/ejercicio-general/) - <http://espanol.arthritis.org/espanol/ejercicio/ejercicio-general/>

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

[Inclusive Home Workouts: NCHPAD - Building Healthy Inclusive Communities](https://www.nchpad.org/1754/6911/Inclusive~Home~Workouts) - <https://www.nchpad.org/1754/6911/Inclusive~Home~Workouts>

[En español: Ejercicios para ayudar a prevenir caídas: MedlinePlus enciclopedia médica](https://medlineplus.gov/spanish/ency/patientinstructions/000493.htm) - <https://medlineplus.gov/spanish/ency/patientinstructions/000493.htm>



Information & Assistance for Aging Well
303-441-4583
infohealthyaging@bouldercounty.org