

Getting Motivated To Exercise

Potomac Community Village is partnering with the National Institute on Aging's Go4Life program, in a pilot workshop set for Friday, March 24, 1-2:20 p.m. at Potomac United Methodist Church.

The free workshop, "Fit4Function Workshop from Go4Life," is designed for people age 50-plus who:

- ❖ are not exercising regularly but want to,
- ❖ who used to exercise regularly and need more motivation to do it again. It's not for people who are already exercising regularly, or for those who don't want to exercise, or those who are infirm.

The program is open to those who meet these qualifications, but space is limited and interested individuals must register in advance by March 17. The workshop will be taught by Go4Life Director Stephanie Dailey, who will be testing out the latest research on how to encourage those who know exercise is good for them, but somehow can't get themselves motivated enough to do it.

The goal of the pilot program is to develop a workshop that motivates older adults to become more physically active by learning the tools to start and stay motivated to exercise; and a trainer's guide that can be used by site coordinators to lead these workshops. PCV is one of several organizations partnering with Go4Life on this project.

Participants will engage in guided discussion, watch videos, practice simple stretches and other non-aerobic activities and share ideas and experiences. Dress is casual, with no need for "exercise clothes." Sneakers would be appropriate but are not necessary.

PCV will provide healthy snacks and Go4Life will distribute free helpful materials. Space is limited, and drop-ins will not be accepted. Provide name, address, telephone number and email when registering, either to the PCV Help Desk at 240-221-1370 or to info@PotomacCommunityVillage.org. Potomac United Methodist Church is at 9908 South Glen Road, at the corner of Falls Road.

Potomac Community Village is a non-profit all-volunteer network of friends and neighbors, providing programs and services so members can live vibrant, active and healthy lives, while living in their own homes and neighborhoods. For more information, to volunteer or get volunteer help, call 240-221-1370, email info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org or www.Facebook.com/PotomacCommunityVillage.