

“It’s never too late to reap the benefits of a healthy lifestyle”

- Governor Kathleen Sebelius



Kansas Department on Aging
503 S. Kansas Avenue
Topeka, KS 66603

www.agingkansas.org



A Kansas Department on Aging program funded by
The Sunflower Foundation: Health Care for Kansans



Modeled after “EnhanceFitness” a program of
Senior Services of Seattle/King County

Seniors Together Enjoy Physical Success

As part of the Governor's Healthy Kansas Initiative, the Kansas Department on Aging has implemented an exercise program targeted for seniors over the age of 60, **Seniors Together Enjoy Physical Success**, or **STEPS**.

The program, funded by The Sunflower Foundation: Health Care for Kansans, is designed to improve the quality of life for seniors by improving mobility and functioning that helps them maintain their independent lifestyles.

The program will be available in 15 communities over a span of three years.

2006: **Oberlin** - Gateway Civic Center joining with Golden Age Center
Contact: Connie Grafel, (785) 475-2901

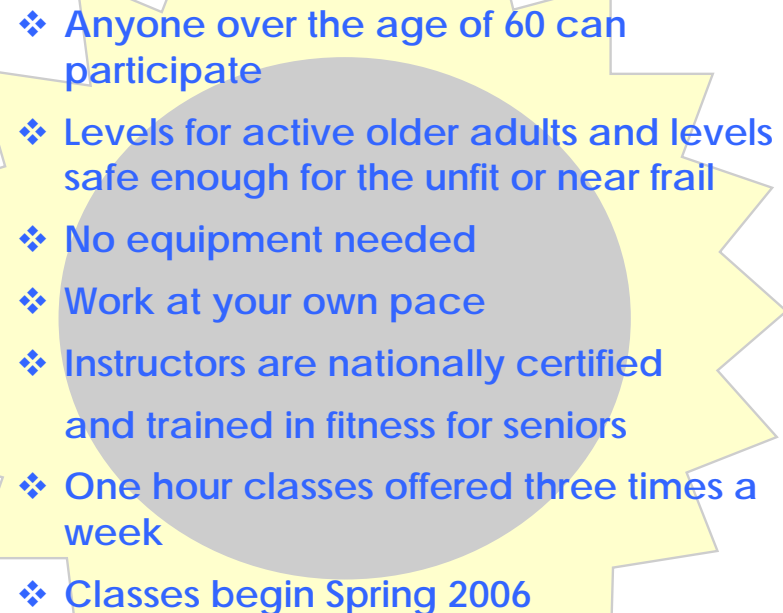
Topeka - Downtown YMCA
Contact: Sheryl Hungerford, (785) 354-8591

Great Bend - Central Kansas Medical Center joining with Great Bend Recreation Commission
Contact: Linda Marqueling, (620) 793-3755

2007: **Concordia** **Garden City**
Cottonwood Falls **Hiawatha**
Dodge City **Winfield**

2008: **6 Sites to be determined**

The exercise regimen is offered at different levels to accommodate individual's specific needs. They focus on stretching, improving balance, coordination, and upper and lower extremities strength.

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- ❖ **Anyone over the age of 60 can participate**
 - ❖ **Levels for active older adults and levels safe enough for the unfit or near frail**
 - ❖ **No equipment needed**
 - ❖ **Work at your own pace**
 - ❖ **Instructors are nationally certified and trained in fitness for seniors**
 - ❖ **One hour classes offered three times a week**
 - ❖ **Classes begin Spring 2006**

For more information contact:
Your local community contact or
Jennifer Springer at (785) 296-6448
JenniferSpringer@aging.state.ks.us