



111 West Harris Avenue  
La Grange, Illinois 60525  
(708) 354-1323

**NEWS RELEASE**

For Immediate Release: December 29, 2010  
Contact: Niki Chibucos,  
Director of Development and  
Public Relations  
(708) 354-1323, extension 226

**FOR IMMEDIATE RELEASE:**

**SENSIBLE FITNESS FOR OLDER ADULTS**

Aging Care Connections, La Grange, and Right-Fit Sport Fitness Wellness, Willowbrook, will offer an ongoing six-week sensible fitness program for older adults and their caregivers at Aging Care Connections, 111 W. Harris Avenue, La Grange. Classes meet from 10 am - 10:45 am every Wednesday and/or 10 am - 10:45 am every Friday. Cost for six classes is \$56 at the time of registration. To register, please call 708-354-1323, extension 228. Transportation may be available.

Exercise has been shown to positively affect the brain in several ways: it improves blood circulation and oxygen delivery to brain cells; it increases levels of neurotrophin, a chemical that is associated with learning, health of brain cells and protection of brain cells from injury; it decreases insulin resistance in cells resulting in a lower risk of dementia; and it delays the accumulation of beta-amyloid in the brain which results in decreased risk for and progression of dementia.

(more)

In addition to the cognitive benefits, regular exercise has been shown to improve balance, strength, flexibility, mobility and endurance. Research has demonstrated that exercise improves circulation, digestion, mood, sleep and blood pressure. Also important is the fact that the risk for falling is lessened with the practice of regular exercise. Lastly, the benefits of socialization and enjoyment figure prominently in the benefits of exercise classes.

The exercise program at Aging Care Connections relies on a progression of movements that should be practiced at home with the caregiver. It is a model program in our area that has drawn the attention of the Alzheimer's Foundation because of its direct relationship to cutting-edge research supporting that exercise should be included in a plan of care for persons with progressive memory loss or dementia.

Aging Care Connections is a non-profit organization which is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving 22 communities in Lyons, Riverside and South Proviso Townships, Aging Care Connections' programs and services are made possible by community support and donations, and, in part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. The organization investigates elder abuse in ten additional communities in Leyden and Norwood Park Townships. To learn more, visit [www.agingcareconnections.org](http://www.agingcareconnections.org).