



**It's never too late to reap the benefits
of a healthy lifestyle**



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Topeka, KS 66603
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www.agingkansas.org

The Kansas Department on Aging (KDOA) does not discriminate on the basis of race, color, national origin, sex, age or disability. If you believe you have been discriminated against by either KDOA or a KDOA funded program, please contact KDOA to receive additional information on filing a complaint: 1-800-432-3535 (voice); 1-800-766-3777(TTY).

March 2011

KANSAS DEPARTMENT ON AGING

STEPS

Seniors Together Enjoy Physical Success









A program funded by The Sunflower Foundation: Health Care for Kansans



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, modeled after Enhance Fitness, a program of Senior Services of Seattle/King County, is designed to improve the quality of life for seniors by improving mobility and functioning that helps them maintain their independent lifestyles.

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

-  **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**

Participating Communities

Arkansas City	Senior Center	(620) 441-4419
Cottonwood Falls	Senior Center of Chase County	(620) 273-8511
Dodge City	Parks and Recreation Department	(620) 225-8160
Garden City	Garden City Senior Center	(620) 275-0196
Great Bend	Central Kansas Medical Center/ Great Bend Recreation Commission Senior Center	(620) 793-3755
Haysville	Haysville Senior Center Haysville Activity Center	(316) 529-5903 (316) 529-5922
Oberlin	Golden Age Center	(785) 475-2901
Osawatomie	Senior Center	(913) 731-3213
Satanta	Senior Center	(620) 649-2304
Topeka	Downtown YMCA	(785) 354-8591

For questions about the program, contact:

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