

Connellsville Community Center offering UPMC fitness program

By Jackie Beranek, Herald-Standard

12/31/2006

CONNELLSVILLE - The Connellsville Community Center will begin a new University of Pittsburgh Medical Center program in January that will help senior citizens with stabilization, strength and power.

And, according to community center pool owner/manager/instructor Nancy Koller, the Silver and Fit exercise program will provide three fitness levels for those 65 and older who are interested in better health.

"The UPMC program is different from other programs in our area because it's taught at three levels," said Koller. "There is also a once-a-week, one-hour educational class."

Koller said participants would learn more about diet, nutrition and exercise from information compiled through Stanford University.

"We will hold an open house on Jan. 2 and 4 from 7 a.m. until noon, and we invite everyone to come in and check out the facility," said Koller. "Information on the new programs will be available and anyone who has UPMC, Advantra and Gateway insurance can take the classes for free."

Koller said insurance companies like the program because they are in the business of promoting wellness. She additionally said that the insurance companies feel that senior citizens do better when they watch their diet, get good nutrition and exercise.

"We all know that older citizens function better when they are healthy," said Koller. "The insurance companies are hoping that senior citizens will participate and function better without additional medications and/or surgery, which will save everyone anguish and money in the long run."

The Level 1 program is part cardiopulmonary work and includes walking, and strength training, using bells and bands. However, Koller said anyone who can't do the walking could do all of his or her exercises from a chair.

The Level 2 program, according to Koller, is from seated and standing positions and is more of a higher intensity workout.

She said Level 3, which she doesn't offer, is for senior citizens who want to enter a marathon or triathlons.

"In addition to the exercise and nutritional program, anyone who wants to can take the water aerobics," Koller said. "Any client that I have here at the pool can take the land exercise and the educational classes even if they are not a UPMC member."

Koller said the programs are open to the public and there is a monthly fee for the swimming exercises but there is no extra charge to take the UPMC classes.

The one-hour educational land classes will be held from 11 a.m. until noon Tuesdays, the Level 1 exercise class will be held from 11 to 11:30 a.m. Thursdays, and the Level 2 exercise class will be held from 11:30 a.m. until 12:15 p.m. Thursdays in an upstairs classroom.