



FOR IMMEDIATE RELEASE: Aug. 15, 2012

CONTACT: Marcheta Strunk, Public Relations Manager, 623-930-2822

DUST OFF YOUR SNEAKERS TO MAINTAIN QUALITY OF LIFE AND INDEPENDENCE

Glendale, Ariz. — The American Heart Association states that the older people become, the more they need regular exercise, which prevents bone loss, increases muscle strength, improves balance and coordination and increases the ability for basic living that helps maintain quality of life and independence in the mature years. This is why the city of Glendale is encouraging those with health plans, offering SilverSneakers® benefits take advantage of Glendale's Foothills Recreation & Aquatics Center as their preferred SilverSneakers® location. SilverSneakers® is offered to older adults to help them take greater control of their health by encouraging physical activity and offering social events.

By choosing Foothills as their preferred location, SilverSneakers® members receive a free Foothills Pass membership, which allows the use of the fitness area and exercise equipment, the indoor jogging/walking track, open gymnasium hours, aerobics classes, the indoor racquetball courts, the rock climbing wall and scheduled lap swimming. There is no additional cost to eligible members.

“The Foothills Recreation & Aquatics Center is dedicated to helping everyone in the community participate in healthy and social activities and events,” stated Recreation Manager David Seid. “By being a SilverSneakers® facility, we can provide health and fitness opportunities to more older adults.”

Setting up the SilverSneakers® benefits at the Foothills Recreation & Aquatics Center is easy. Just bring the healthcare information to be verified on the spot, or, if it has been verified already, just bring the SilverSneakers® member ID card. Additionally, a physical activity waiver must be filled out. Staff will set up the Foothills Recreation Pass at that time. Once the pass is complete, SilverSneakers® members can attend the center during any hours of operation by just scanning their pass card at the desk. The center is located at 5600 W. Union Hills Dr.

For more information about signing up for SilverSneakers® at the Foothills Recreation & Aquatics Center or just information about the center, call 623-930-4600 or visit www.glendaleaz.com/foothillscenter.

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