

# Healthy Choices NEW YORK

www.albany.edu/aging/healthychoices

Are you an active person who is excited by helping older adults maximize the benefits of regular physical activity?

Are you an empathic listener who is comfortable providing ongoing monthly support to community residents through regular telephone contact?

As an **Active Choices** coach, you will be assigned to an older adult, helping him/her to develop an individualized exercise plan that is convenient, flexible, and appealing.

A call center will be opening at the University at Albany for **Active Choices** coaches, enabling them to provide phone support and monitor participant progress from one convenient location.

If you are interested in learning more about being an **Active Choices** coach, contact Karen Revitt, Project Coordinator, at 518-442-5530 or email [krevitt@uamail.albany.edu](mailto:krevitt@uamail.albany.edu)

*Active Choices is an evidence-based program developed by the Stanford Prevention Research Center that has been proven to be effective in helping older adults meet their physical activity needs. For more information please go to:*  
[http://www.activeforlife.info/key\\_partners/stanford.html](http://www.activeforlife.info/key_partners/stanford.html)