

Healthy Choices NEW YORK

www.albany.edu/aging/healthychoices

MYTH: Exercise is only beneficial if you are younger and in good physical condition.

TRUTH: Regular exercise benefits *all* people *regardless of age* or physical condition.

Are you 60+ & seeking help with developing and maintaining an exercise plan that is tailored to your health goals?

If yes, **Active Choices** is the right program for you!

Pair up with an **Active Choices** coach to build a physical activity plan that is convenient, flexible, and appealing to you.

Regular phone support enables **Active Choices** pairs to monitor progress and modify exercise strategies.

To find out more about pairing up with a coach in your community, please contact Karen Revitt, Project Coordinator, at 518-442-5530 or email 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