



### *True or False?*

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

*Answer: True!*

Are you age 60+ & interested in increasing your physical activity and developing an exercise plan that works for you?

Join the **Active Choices** program & pair up with a personal coach to build a physical activity plan that is convenient, flexible, and appealing to you.

**Active Choices** coaches provide support through regular telephone contact, enabling participants to receive assistance from the comfort of their homes.

### **Interested?**

*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)*