

FITNESS FOR SENIORS is a large program supported by United Seniors of Wisconsin. Our program is geared towards seniors age 50-95 who want to gain and maintain their function in living. To be able to continue driving, shopping, working, playing, socializing, getting out and about and living at home.

- Comprehensive group exercise program.
- Workout - stationary bikes, treadmills or other equipment suitable to your particular health involvement.
- All exercise programs are supervised by our professionally trained, semi-retired Physical Therapist, Phyllis. She has worked 45+ years in her profession, of which most of those years have been spent working with the elderly (Geriatrics).

ADDITIONAL PROGRAMS INCLUDE:

- Monthly meetings of the Weston Price Foundation - Nutrition for healthier living!
- Mental health advocates headquarters for Hope to Healing & Faith In Recovery. Addressing mental health, bi-polar support groups around metro Milwaukee.
- Play days for Moms/Dads and infant/toddlers. (Bi-monthly)
- TOPS meetings (weekly)
- Promoting holistic & natural healing
- Qigong class
- Reading corner/library
- Moral support for caregivers

**HAVE A TALENT OR SKILL?
WANT TO VOLUNTEER?**

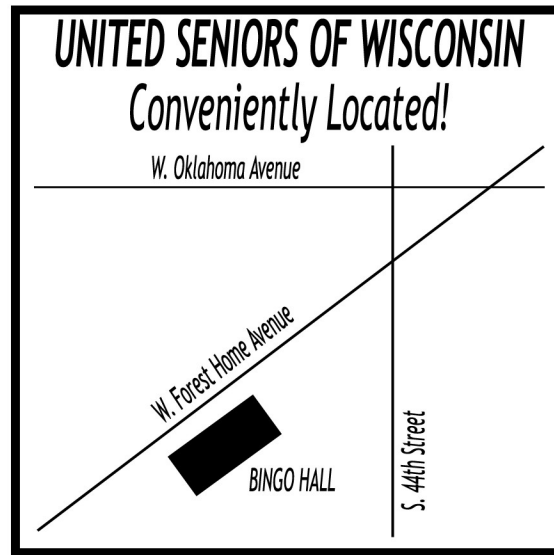
We could use your help!
Call or stop in to inquire!
(414) 321-0220

**OUR SERVICES ARE INTENDED TO
MAXIMIZE HEALTHY LIVING!**

Typical services include independent self-directed exercise programs for

- Cardiovascular Conditioning
- Endurance
- Greater Flexibility
- Improved Circulation
- Strengthening

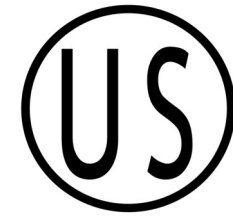
These services are not medically ordered by a physician, but it is recommended that you obtain clearance from your physician before participating in any exercise program. Wellness staff will be available to assist you in the development of your individual plan & goals.



**SUPPORTED BY
UNITED SENIORS OF WISCONSIN, INC.**

**Phyllis P. Nickchen, PT
Fitness Coordinator**

Thank you to our generous and devoted volunteer staff!



**United Seniors of
Wisconsin, Inc.**

**Fitness For
Seniors
Exercise Program**



HOURS OF OPERATION

**Mondays, Thursdays & Fridays
11:00 am - 2:30 pm
or by appointment!**

Located Inside Our Bingo Hall

**4515 W. Forest Home Avenue
Milwaukee, WI 53219
(414) 321-0220
unitedseniorswi@sbcglobal.net**

Visit us online at:
unitedseniorsofwisconsin.org

PROGRAMS FOR INDIVIDUALS

MON-THU-FRI
11:00 am - 2:30 pm



Treadmills

Stationary &
Reclining Bikes



Arm/Leg Sitting Apparatus
Massage Tables/Chairs
Walking Program



JOIN THE FUN!

GROUP PROGRAM

MON & FRI (12:30 pm)
THU (11:00 am)



- Armchair Techniques
- Encouraging Senior Citizens
- Men & Women Are Welcome
- Music Accompaniment
- Warm-ups



BREAK THE CYCLE OF INACTIVITY!

- Art Creation
- Board & Card Games/Puzzles
- Faith & Recovery
- Health & Wellness Resources/Library
- Hope & Healing
- Integrating Mind, Body & Soul
- Inter-generational Opportunities
- Nutritional Traditions
- Share Your Talents!

BUILD YOUR LIFE AROUND WELLNESS
NOT PAIN OR SICKNESS!

- Eat a well-balanced diet
- Enjoy an active social life
- Get daily exercise
- Keep a strong sense of humor
- Practice relaxation
- Put your plan in perspective
- Take medication properly
- Think positively
- WALK FOR HEALTH



COMPLIMENTARY SERVICES

- Blood Pressure Screening
- Foot Care Attention
- Group Exercise Program
- Health Presentations
- Information & Referrals
- Individual Fitness Instruction
- Videos on Health Topics