

Qualified Instructors:

Mary Johnson, ACE CPT

- Certified Personal Trainer, ACE, YMCA
- First Aid CPR Certification
- Certified Nursing Assistant
- Associate of Applied Science, Mental Health

Nikki Ford, RD, LMNT

- Registered Dietitian
- Licensed Medical Nutrition Therapist
- 2005 Nominee for Young Dietitian of the Year

All Instructors CPR/First Aid Certified

“I have wanted to get set up with a strength training program for some time, but because of my age and lack of upper body strength I procrastinated. I thank Tiger Training for dispelling all of those fears and anxieties. They tailored a conditioning/fitness program to meet my individual goals. I appreciate the time, patience and support I receive. My new challenge has proven to be fun. It also helped me through my knee replacement surgery.

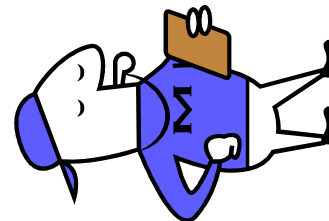
Faye Nimic (age 70+)

“ I enjoy my weekly workouts. The exercises are tailored for my ability and challenge me. I am always confident of the caring staff at Tiger Fitness. They have helped me improve my health and fitness beyond my expectations. I now feel more confident in my everyday activities. My daughter calls my improved fitness a “Miracle” at my age.”

Marie Reed (age 87)



Tiger Coaching & Personal Training
2110 Winthrop Rd Suite 100B
(Next to Leon's Food Mart)



Tiger Coaching & Personal Training

BE FIT!

Older Adult Fitness



Whether you're 50 or 90 years old, you can exercise and improve your health. Physical activity is good for your heart, mood, and confidence.

Tel. 402-488-8280
coach@tigercoaching.com
www.tigercoaching.com

Who can Benefit:

Whether you're 50 or 90 years old, you can exercise and improve your health. Physical activity is good for your heart, mood, and confidence. Exercising has even helped 80 and 90 year old people living in nursing homes to grow stronger and more independent. Older people who become more active, including those with medical problems, may feel better and have more energy than ever before.

Why Should I Exercise?

Staying physically active is key to good health well into later years. Yet only about 1 in 4 older adults exercises regularly. Many older people think they are too old or too frail to exercise.

Nothing could be further from the truth. Physical activity of any kind from heavy-duty exercises such as jogging or bicycling to easier efforts like walking is good for you. Vigorous exercise can help strengthen your heart and lungs. Taking a brisk walk regularly can help lower your risk of health problems like heart disease or depression. We have special fitness programs that will increase your strength, stamina, and self-confidence. Weight-lifting or strength training is a good way to stop muscle loss and slow down bone loss. Your daily activities will become easier as you feel better. All programs developed to your existing fitness level.

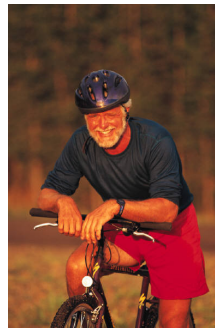
- **In Home Training Available**



Tiger Coaching & Personal Training

Researchers now know that:

- Regular, active exercise raises your heart rate and may greatly reduce stiffening of the arteries. Stiff arteries are a major cause of high blood pressure, which can lead to heart disease and stroke.
- People who are physically active are less likely to develop adult onset diabetes, or they can control it better if they do have it. Exercise increases the body's ability to control the blood glucose level.
- Regular activity, such as walking, may lower the risk of severe intestinal bleeding in later life by almost half.
- Strength training, like lifting weights or exercising against resistance, can make bones stronger, improve balance, and increase muscle strength and mass. This can prevent or slow bone-weakening osteoporosis, and may lower the risk of falls, which can cause hip fractures or other injuries.
- Strength training can lessen arthritis pain. It doesn't cure arthritis, but stronger muscles may ease the strain and therefore the pain.
- Light exercise may be good for your mental health. A group of healthy, older adults said they felt less anxious or stressful after exercising for one year



Preliminary Application

Name _____

Address _____

Email _____

Phone _____

- 6 sessions @ Tiger Fitness - \$250**
- 9 sessions @ Tiger Fitness - \$335**
- 12 sessions @ Tiger Fitness - \$375**
- 12 sessions in Home Training - \$435**

Total: _____

Method of Payment

- Check**
- Bill Me**
- Visa**
- MasterCard**
- American Express**

Credit Card # _____

Exp. date _____

Signature _____

Ask about our Multi-Monthly Packages and Save

**Tiger Coaching & Personal Training
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Lincoln, NE 68502**

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