



### *Qualified and Experienced Staff*

Tony Musto, Ph.D., ACSM Certified Clinical Exercise Specialist, designed the L.I.F.E. program based on the latest research findings and safety considerations. Classes are conducted and supervised by exercise professionals with graduate degrees in exercise physiology. All sessions are carefully monitored to meet the program goals and allow each participant to work at their own pace in a supportive environment.

### *How to Get Started*

Call 305-284-LIFE (5433) or send an e-mail to [wellnesscenter@miami.edu](mailto:wellnesscenter@miami.edu). Prior to your participation, you must complete a pre-participation screening questionnaire and informed consent. You will also need your doctor to complete an exercise compliance form. After all the necessary paperwork is received and verified, you are ready for L.I.F.E.!

UNIVERSITY OF MIAMI

**PATTI & ALLAN HERBERT  
WELLNESS CENTER**



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# Living Independently through Fitness and Exercise

*A fitness program for adults age 65 and older*


life

LIFE  
Keeps Me  
Going

life

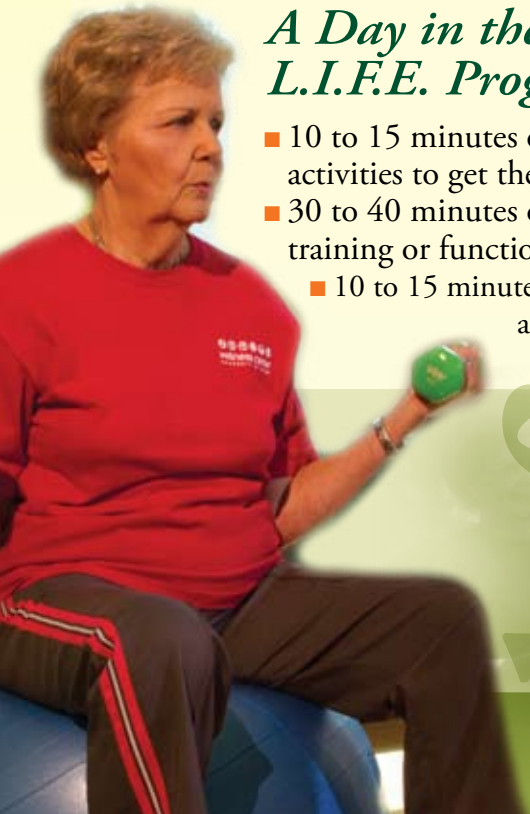






## What is the Meaning of L.I.F.E.?

L.I.F.E. is an exercise program designed exclusively for individuals 65 years of age and older. Research shows that inactive older adults who become active can offset 50% or more of the physical loss during these years. The L.I.F.E. program emphasizes exercise, flexibility training, and functional activities. With improved strength and flexibility, the necessary activities of daily living are more easily accomplished thus allowing each participant to remain independent for as long as possible.



## A Day in the L.I.F.E. Program

- 10 to 15 minutes of warm-up activities to get the body moving
- 30 to 40 minutes of weight training or functional activities
  - 10 to 15 minutes of cool-down and relaxation

## What the Experts are Saying

Not only do the participants think it is a great program, the American College of Sports Medicine Interest Group on Aging recognized L.I.F.E. as a "Successful Active Aging Program."

The L.I.F.E. program has also been featured in numerous publications and journals.

## Program Details

- Adults 65 and older
- 36 supervised sessions completed over a 15-week period
- Sessions held on Monday, Wednesday, and Friday
- Three class times offered: 7 a.m., 8 a.m., and 9 a.m.

## Exercise plan includes:

- Weight training
- Balance training
- Stretching
- Agility drills
- Functional training



## Take their word for it:

### Bob, a member since 2003

*Being a member of this program has enabled me to meet new people, make new friends, and enjoy an expanded social life. The exercise program, with its excellent training staff, has improved my flexibility, balance, and all-around bodybuilding.*



### Barbara, an original L.I.F.E. member

*I have been a member of the L.I.F.E. program from the very beginning. I love the camaraderie and the support and encouragement of my friends in the L.I.F.E. program. I had surgery to insert a pacemaker and I was a little apprehensive when I returned to the program. The staff was very assuring and caring. I know they are highly trained which helped ease my concerns. I am now back to the same fitness level I was years ago!*



### Hope, a member since 2000

*Coming to the L.I.F.E. program is like coming home to family. We all support one another during the exercise sessions and in our personal lives. I have formed lifelong friendships with many of my fellow L.I.F.E. members. So I not only feel good physically, but mentally as well!*



# life