The US Department of Health and Human Services recommends:

- **2 hours and 30 minutes of moderate-intensity aerobic activity each week**, OR
- **1 hour and 15 minutes of vigorous-intensity aerobic activity each week**

**What is moderate activity?**
A brisk walk, light yard work, snow shoveling, casual biking, playing with children

**What is vigorous activity?**
Jogging, running, swimming laps, aerobics, cross-country skiing, jumping rope, competitive sports

**Do you know the many benefits of exercise?**
- Reduces high blood pressure, risk for diabetes, heart attack, some cancers, stroke, arthritis pain, osteoporosis, and symptoms of anxiety and depression

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**Newtown Parks and Recreation Programs & Special Events – Winter, Spring 2019**
- Swimming, Aikido, karate, dance, horseback riding, golf, tennis, adult drop-in sports, “Parent and Me activities”

**Go for a hike!**
Local hikes, ranging 2-3 miles each weekend.
Contact: Sally Cox at (203) 426-9903, email is newtownhikers@gmail.com

**Volunteer with Newtown’s Victory Garden**
and help grow produce for the food pantries of Newton!
Contact: VictGarden17@gmail.com or (203) 270-4340

**Join your regional YMCA in Brookfield!**
Discounted memberships for teens, young adults, families, and adults 65+.
Call (203) 775-444 extension 110

**Newtown Senior Center**
- Flex-fit and tone exercise, yoga, chair yoga, line dancing, strength training, ballroom dancing, walking groups, tai chi, qigong, Zumba, chair Pilates
- Diet and nutrition information
- Health screenings, blood pressure checks

**Pick up a paddle and play pickleball!**
Ages 60+ Mondays at Edmond Town Hall Gym
Contact: [www.newtown-ct.gov](http://www.newtown-ct.gov) or call 203-270-4340 for more information ($5/day)

**Are you signed up for the Silver Sneakers program?**
It is included with many Medicare Advantage Plans – check your eligibility today!
- Membership and exercise classes at nearby gyms, parks, and community centers!
- Online exercise videos to try at home!