



PRESS RELEASE

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Liberty Parks & Rec Receives Fit & Strong! Training Grant for Physical Activity Program

LIBERTY Mo. – In a community that values the concept of aging in place and creating exercise and social programs and services that help older adults remain in our community, the Liberty Parks & Rec Department is proud to offer a new program designed to help adults ages 50+ increase strength and mobility, improve lower extremity stiffness, decrease lower extremity pain and reduce perceptions of anxiety and depression.

The new program, Fit & Strong!, will be offered three times per week for eight weeks and will be taught by a familiar face at the Liberty Community Center, Tonya Schmidt, who is a certified group exercise instructor at the facility and a certified facilitator for this program.

“Sixty percent of adults in the United States suffer from one or more chronic conditions — including people who live right here in Liberty,” said Donna Kay Taylor, Liberty Parks & Rec assistant director. “The Fit & Strong! classes are ideally suited for anyone that is interested in a low-impact exercise program in their local community, especially those looking to manage their chronic condition.”

Fit and Strong! is a new addition to the Liberty Parks & Rec’s program catalog that has a strong tradition of offering health and wellness programs for all fitness levels and all stages of life. This new program was developed by the Center for Research on Health and Aging at the University of Illinois at Chicago. Recent studies show that multiple component programs like Fit and Strong! can improve functional and physical activity.

The classes are ideally suited for anyone with mobility issues looking for a regular, low-impact exercise program in their local community. Registration for the program will be open through Sept. 4,

(more)

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2019. For more Fit & Strong! program information and registration, visit www.libertymissouri.gov/specialtyfitness.

Liberty Parks & Rec is able to offer the Fit and Strong! Program thanks to grants from the National Recreation and Parks Association (NRPA) and the Mid American Regional Council. Together, the NRPA and the Centers for Disease Control aim to reach more people suffering from lower extremity mobility issues due to chronic diseases such as arthritis in efforts to improve their physical activity levels and quality of life through this trusted and measurable program administered by local parks and recreation.

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The National Recreation and Park Association is a national not-for-profit organization dedicated to advancing park, recreation and conservation efforts that enhance quality of life for all people. Through its network of more than 60,000 recreation and park professionals and citizens, NRPA encourages the promotion of healthy and active lifestyles, conservation initiatives and equitable access to parks and public space. For more information, visit www.nrpa.org. For digital access to NRPA's flagship publication, *Parks & Recreation*, visit www.parksandrecreation.org.

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