



Everybody's having a partnership with the Holiday Inn Express allows access to a pool for Aqua Aerobics classes three days a week! These classes are easy on your joints and can even help with balance while still giving you a great workout.

## Make Aging fun and healthy!

**Think you're too old for the gym? Think again!**

At Everybody's Fun & Fitness Center, we strive to meet the needs of not only young adults but seniors as well! Offering a wide variety of classes modified to meet each individual's need, your health is our focus. From Cardio & Strength to Yoga & Aqua Aerobics, you are certain to find your place. These classes consist of a wide range of ages and fitness levels which are geared toward seniors for a safe, effective workout!

Partnering with Holiday Inn Express, Everybody's Aqua classes are offered three days a week with both evening and morning classes. These classes are undemanding on the joints and can help with balance while giving you a great workout.

Everybody's offers many different equipment options in their 20,000sq ft facility. Our staff is ready to assist and make sure that you are comfortable with the proper use of the equipment. We currently have two certified personal trainers on staff who can help

you with specific goals and, if you desire, one-on-one training.

Another great opportunity offered at Everybody's is our walk/run group called the Footprints club which meets at Everybody's every Saturday morning. This is free and open to the public. You can bring a friend, go at your own pace, and do a distance that's comfortable to you. A leader will get you started with a short warm up and recommend a route and distance for your walk/run.

If you are 55 and older, you can take out a Senior membership at **only \$25.00 a month with no contract!** You just pay as you go! Check to see if your insurance plan offers Silver Sneakers or Silver & Fit; Everybody's participates in both of these programs. You are never too old to begin a wellness program!

You can find out more about us and check out our schedule of classes and events on our website at [Everybody's.com](http://Everybody's.com). Contact Everybody's Fitness at 812-547-3565 or stop in during office hours at 710 Fulton St. Tell City, Indiana and join in on the fun!



*Come see us at  
Hancock County's only  
physical therapy clinic!*

**270-927-9229**

117 Eastwind Ct., Hawesville, KY 42348  
Located next to Ceemic Eye Care!



## Medicare Covers Physical Therapy

Your physical health is one of the most important aspects of your life as you grow wiser and the benefits of physical therapy for senior adults has been well documented. Physical therapists specialize in the evaluation and treatment of a wide variety of musculoskeletal and neurological conditions.

Physical therapists can tailor specific exercises based on individual needs to help improve areas which may be weaker or not moving as well, causing unwanted stress on other areas of the body.

For some individuals, aging may include dealing with joint pain or arthritis. Physical therapy may aid in avoiding a surgery or improving function if a surgery such as a joint replacement is needed. Exercise has been shown to be the most effective intervention for the treatment of arthritis.

The fear of falling is another major reason for individuals to seek out physical therapy services. Falling can lead to very serious injuries, hospitalization and have mortal consequences. It is often a difficult,

even embarrassing, realization for many that they do not possess the balance and coordination that they had earlier in life. Poor leg strength is often a factor in falling and can be improved through prescribed exercises.

What most seniors don't know is that with their Medicare insurance plan is they can go to see a physical therapist for a free evaluation without a referral from a doctor's office.

Legislation in Kentucky provides individuals with the opportunity for direct access to physical therapists in order to save time and money on the part of the patient and provider.

If you have any questions regarding your physical health or don't know if physical therapy is for you, Kevin Brown and Lachelle Early at Rehabilitation & Performance Institute would be happy to answer any questions you may have! Give them a call at (270) 927 - 9229 or stop by and see them at 117 Eastwind Ct, located off of Hwy 60 next door to Emmick Eye Care.

## EVERBODY'S FITNESS

710 Fulton Street Tell City, Indiana

**812-547-3565**

### PROGRAMS FOR SENIORS!

Our certified personal trainers on staff can help if you have specific goals and offer one-on-one training as well!

### EverBody's Fun & Fitness Center in Tell City has lots to offer seniors!

We also offer Balance/Pilates, Yoga, Strength Training, and Low Impact Aerobic classes that consist of a wide range of ages and fitness levels, yet **geared toward seniors for a safe, effective workout.**

[www.everbodys.com](http://www.everbodys.com)

### Seniors 55

**years and over**

**receive a membership  
rate of \$25 a month  
with no contract!**

Does your insurance plan offer Silver Sneakers or Silver & Fit? EverBody's participates in both of these programs!

**It's never too late to  
get started on your  
wellness journey!**



**Just  
pay as  
you go**