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**Your Health**

**Older Adults Turn To Fitness For Optimal Health And Prove Youth Is A State Of Mind**

(NAPSA)-For older adults, regular physical activity is an essential part of maintaining overall health and well-being. Exercise allows them to continue normal daily activities and live their best lives throughout retirement years. And for millions of older Americans-like Ruby Dailey, Robert Groh and Willie Washington-this path to improved well-being starts with SilverSneakers Fitness.



You can get out, get fit, get to meet people and get set for a better future with regular exercise at just about any age.

As revealed through the program's 2015 Annual Participation Survey, staying active is the pathway to reaching wellness goals, including high levels of energy and mental balance. More than 27,000 members responded, providing interesting insights into how fitness routines evolve as we age, including:

- 90 percent say they have a lot of energy some to all of the time-like Ruby Dailey from Nederland, Texas. Since starting her fitness regimen, she has lost a total of 101 pounds and 74 inches. Dailey attends classes six days a week, takes 10,000 steps per day, and recently participated in a half marathon as well as a 5K race.

- 84 percent of active adults do aerobic activity three or more times a week-like Robert Groh of Toledo, Ohio. Groh visits the gym an average of four times a week, and his active lifestyle helped his muscles become more flexible, decreased his backaches and pains, and kept him at a healthy weight. Groh even competes in the Senior Olympics offered in his area every May.

- 49 percent state the desire to spend time with other SilverSneakers members motivated them to

exercise-like Willie Washington of Dallas, Texas. When Hurricane Katrina forced Washington and his wife to relocate, joining his local gym not only served as a way to get active, but a way to meet new people.

If you don't already have a fitness regimen, getting started is easier than you may think. Always check with your doctor first, then seek out an exercise routine that matches your fitness level-whether that is walking around your neighborhood, weight training at a fitness facility or participating in a group exercise class.

Designed specifically for active older Americans, SilverSneakers offers a variety of fitness offerings that accommodate all fitness levels and preferences, as well as invaluable social interactions. More than 13 million people are eligible for the SilverSneakers Fitness benefit at no cost through leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans. To see if you are eligible or to find a class in your area, visit [www.SilverSneakers.com](http://www.SilverSneakers.com).

**999 ♦ PUBLIC NOTICE**

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**PUBLIC NOTICE**

Advertisement for Sale of Personal Property NOTICE IS HEREBY GIVEN that U-Store Mini Storage facility located at 4425 Highway 101, Florence Oregon will sell all the personal property belonging to: Shipleit unit #61. Property will be sold at public auction as complete units on Wednesday July 15, 2016 at 10:00 AM to satisfy Landlords lien. Call 541-997-7330 for more information.  
Publication Dates: June 18 & 22, 2016

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**Water Safety Sense**

(NAPSA)-Although drowning is a major cause of injury and death for children ages 5 to 14, it can be prevented. One way is through the YMCA's Safety Around Water program, which teaches kids the value of being safe around water and parents the importance of water safety skills. According to data from the USA Swimming Foundation, 70 percent of African-American, 60 percent of Hispanic and 40 percent of Caucasian children cannot swim. To reduce such statistics, the Y-one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility-will award more than 18,000 scholarships for free swim lessons to children in high-risk communities.

**Why The Y**

The Y was the first organization to introduce the concept of group swim lessons in 1909. Now, in thousands of pools across the country, the organization teaches more than a million children from all backgrounds invaluable water safety and swim skills. They learn how to reach the water's surface if they submerge, safely reach a pool's edge, exit any body of water and respond to unexpected water situations.

**Water Safety Suggestions**

If you know how to stay safe in and around water, swimming can be a lifelong source of fun and exercise.

Here are six steps toward water safety:

1. **Never swim alone.** Swim only where there's a lifeguard on duty.
2. **Supervise children whenever they're in water.** Whether they're in the bath or the ocean, stay within arm's reach at all times.
3. **Don't hold your breath.** Children shouldn't hold their breath for a long time while swimming. This can cause drowning and other severe physical side effects.
4. **Wear a life jacket.** Inexperienced or nonswimmers should wear a Coast Guard-approved life jacket.
5. **Don't jump in the water to save someone struggling in deep water.** Even if you're a great swimmer, a panicked person can overpower you and pull you underwater. The Y's Safety Around Water program teaches the "reach, throw, don't go" concept of using a long object to reach for the swimmer and pull him or her to safety.
6. **Enroll in water safety lessons.** Just like teaching children to look both ways before crossing the street, having them par-



A Safety Around Water program can bridge the cultural and access gaps that may prevent some children from learning important water safety skills

participate in formal water safety lessons gives them an important life skill. The Y's Safety Around Water program teaches children fundamental water safety skills and what to do if they find themselves in water unexpectedly.

"Every year, the Y teaches more than 1 million children from all backgrounds invaluable water safety and swim skills. This year, we're committed to addressing the disturbing statistics around fatal youth drownings by making free swim lessons available to more than 18,000 children in

underserved communities," said Kevin Washington, President and CEO of Y-USA. "It's our mission to help mitigate the sociocultural factors that inhibit today's youth-especially those of color in urban communities-from receiving the potentially lifesaving skills to keep them safe in and around water."

One problem the program aims to solve is the number of things that inhibit African-American kids from learning how to swim and swimming recreationally or competitively. Things that put them at high risk for drowning include:

- Lack of Swimming Access-convenient facilities may be few and far between, expensive and hard to get to.
- Cultural Constraints-there may be a legacy of fear.
- Parental Perceptions-adults who don't swim themselves may not realize what needs to be done so their children can learn the skill.

**Learn More**

Families interested in finding out more about Safety Around Water and in enrolling a child in swimming and water safety classes should visit [www.ymca.net/water-safety](http://www.ymca.net/water-safety).



**Graphic Search**

Here is how it works...  
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds.  
Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Saturday's Graphic  
World Juggling Day  
June 18, 2016

**Good Luck**

**LES HAMILTON** found the U.S. Open Golf Championship graphic on page 6B (West Coast Real Estate Services - Right side of Listing #729 - 2 Bdrm, 2 bath Mercer Lake Heights) He has won a gift certificate to A Taste of Hawaii.

Gift Certificates must be picked up within 2 weeks of winning  
Deadline for today's paper: Monday by 3:00 PM



Wednesday's Graphic