

# PASCO BEHAVIORAL SERVICES SUMMER FITNESS PROGRAM

Encouraging health, fitness, social engagement, and life skills in an inclusive environment



## Who is the program for?

- Individuals who could benefit from increased physical activity
- Individuals who could benefit from increased access to opportunities for socialization with peers their own age
- Participants of all levels of cognitive and physical abilities are welcome

## What will the program entail?

Workouts to help improve:

- Full Body Strength
- Cardiovascular Health
- Balance and Coordination
- Flexibility

Workouts that encourage and promote

- Teamwork
- Learning
- Following directions
- Effective listening Skills
- Social skills

## Who can join?

All ages and abilities are encouraged to join



**James Anderson**  
ACE/ACSM/NCHPAD  
Certified Inclusive Fitness Trainer

## Workout format (Use of the 3-2-1 principle)

- 30 minutes of cardiovascular exercise
- 20 minutes of strength
- 10 minutes of flexibility
- Post-Workout Recap

## Dates & Location

- Friday, July 19, 2019 | 3pm-4pm
- Friday, July 26, 2019 | 3pm-4pm
- Friday, August 2, 2019 | 3pm-4pm
- Friday, August 9, 2019 | 3pm-4pm
- Friday, August 23, 2019 | 3pm-4pm
- Friday, August 30, 2019 | 3pm-4pm

PASCO Office (Mt. Evans Conference Room)  
9197 W. 6th Ave., Suite 1000, Lakewood, CO 80215

*Summer Fitness Program is included in current services offered by PASCO Behavioral Services*

**FOR MORE INFO OR TO REGISTER GO TO:  
PASCOHH.COM/EVENTS/SUMMER-FITNESS**