

BENEFITS OF TRAINING FOR OLDER ADULTS

Circle the correct answer then place your completed quiz in the Suggestion Box by **26 April 2016** to be in the draw to win one of two **Technogym Sling Bags** valued at \$35 each.

Exercise is the number one contributor to adding extra years to your life.
TRUE / FALSE

Exercise increases the impact of illness and chronic disease.
TRUE / FALSE

Exercise can enhance mobility, flexibility, and balance in older adults.
TRUE / FALSE

Exercise improves sleep.
TRUE / FALSE

Exercise speeds up the progression of Alzheimer's.
TRUE / FALSE

FULL NAME: _____

TELEPHONE _____