



STRENGTH MATTERS

Thursdays ~ 9:00 AM

“Exercise on the floor? I won’t be able to get back up!”

Senior exercise instructors often hear these concerns from participants. Truthfully, while this fear is understandable, the ability to get up off the floor is a key part of independence, ensuring the ability to do household chores, play with young grandchildren or get up after a fall.

That is why it is so important to strengthen upper and lower body and core muscles – which are all used in getting up off the floor!

In this new class, we will learn a series of stretches and strengthening exercises performed seated and lying on a mat. Over time, we will advance to using light hand or ankle weights and mini bands for those wishing to.

Participants must supply their own exercise mat. While yoga mats may be used, they are thin and may not provide adequate back support and comfort. Exercise mats are typically a half-inch thick.

Meet Sue Sgambato, Instructor

Sue Sgambato has spent her career in social services, including 10 years as a senior center program coordinator. It was during that time that Sue became interested in senior exercise as a way to help members maintain their independence and have the best quality of life. She received her first certification in 2006 and for the past 15 years has enjoyed teaching hundreds of seniors in many centers across Rhode Island and Massachusetts through a variety of stretching, strengthening, cardio and dance classes.

“It has been said that if you do what you love, you'll never work a day in your life, and that is so true for me. I love to teach, I love my students and love to see the positive changes that exercise can make in their lives. It's all about staying strong, having fun and living each day to the fullest!”



Sue’s Credentials Include:

- Arthritis Foundation Exercise Program Leader since 2006
- Zumba, Zumba Gold and Toning Instructor since 2012
- Brains & Balance Instructor since 2014
- National Academy of Sports Medicine Senior Fitness Specialist since 2015
- Senior Strength and Conditioning Specialist since 2017