

4TH ANNUAL FAITH AND FITNESS CLASS

Dear Members of Faith Lutheran Church,

As part of a community outreach program, I would like to offer the 4th Annual Faith and Fitness Class. This would be a 6 week program which would meet on Tuesdays and Fridays for approximately 60-90 minutes. **This 6 week program starts February 10th and end March 20, 2026. The classes will be from 10:30 am to 12 noon in Fellowship Hall.** These classes are intended for those individuals that may answer yes to any of these 3 questions:

- Do you use a cane or a walker?
- Do you feel unsteady on your feet?
- Have you fallen in the past year?

Of course others can join us, but this will not be a high impact exercise class. It will be offered to get people moving and offer some strengthening/balancing exercises to help prevent falls.

Emphasis is placed on flexibility, balance and core strength. Each routine will offer a modification to meet the ability of the participant. The first class will include an overview of terminology, such as the importance of warm up, cool down, sets, reps, etc.. Activity will most likely be 30-45 minutes.

An informal devotion will be offered during this time as well. This devotional time can include a time of thanks, prayer requests, perhaps a reading from Portals of Prayers or a short inspirational story from Guidepost, or a devotion from the Lutheran Hour Ministries. Participants could also reflect on their favorite bible passage and why it means so much to them. Simply, a time of thanks and sharing what makes us faithful.

I believe in having a set start time and end time, so participants can fit other activities into their busy lifestyles. I am willing to offer blood pressure monitoring and educating members on how to monitor their own pulse and certainly remind participants and members of our church on where the AED is located.

About Me:

I have a teaching degree in Health and Physical Education and a Masters degree in Clinical Exercise Physiology. I spent 40 years in the field of Cardiac and Pulmonary rehabilitation and retired in January of 2022 from Lehigh Valley Health Network. I look forward to sharing my skill set to members of Faith Lutheran Church and perhaps friends from the community.

Please note that my email address is **DarleneMGaron@gmail.com** and my cell number is **610-392-4632**. We will cancel due to inclement weather to ensure that we remain safe and avoid fall risks with icy conditions. **I ask that you contact me directly if there is any question if we would be meeting.** If there are any questions or concerns that would like to be addressed privately, please do not hesitate to contact me.

PLEASE SIGN UP IN THE NARTHEX or you can contact myself or the church office directly to add your name to the list. Days missed due to inclement weather will not be made up. The following are the dates that we will meet:

Tuesdays Fridays

Feb 10	Feb 13
Feb 17	Feb 20
Feb 24	Feb 27
March 3	March 6
March 10	March 13
March 17	March 20

- Darlene Garon



Please Note!

55+ Bible Study held on Tuesdays at 11:00 am will be **ON BREAK** from Feb 10 to Mar 17. 55+ Bible Study will resume March 24.

Hi All,

I am excited to see the continued interest in our community outreach program, as we prepare to start our fourth year of the Annual Faith and Fitness Program. Please bring a friend if you think they may benefit from our program. I would like to give you the courtesy on what our first day will look like, to help reduce any apprehension or anxieties. I will take the time to review the basic principles of training and how one can modify a routine to meet one's physical abilities. I believe it is important to know certain health goal numbers and how to monitor yourself for signs and symptoms of intolerance. There is an AED or automatic external defibrillator, located in Faith Lutheran Church, and this is a perfect time to review its location and how it would be used should the need arise ANYWHERE that you may be of assistance to others. At the end of our sessions I will be available to take anyone's blood pressure, if desired for screening.

We will open with prayer each session. The majority of our exercises will be performed in a seated position. I will have the tables arranged so that we can practice walking with the extra assurance that the edge of the table is there to assist us. For those of you who may not need this assurance you will be challenged in other ways while walking. The goals of participating in the 6 week program is to increase core strength, improve stability/balance and increase flexibility. This is not a high impact aerobic program. As we get older we want to prevent falls and keep moving and be able to care for ourselves as long as possible. We all know that exercise is a prescription towards good health and well being, however, sometimes we lack the motivation to get started. I pray that the time you invest over the next 6 weeks will help get you started.

As you were made aware, this 60- 90 minute time frame will also include a daily devotion. The resources that I refer to could be from the portals of prayer, Guidepost readings or from the Lutheran Hour Ministries, where a daily devotion can be shared with the group.. We can also have an informal sharing of favorite bible verses.

PLEASE NOTE: TO HELP PREVENT FALLS, PLEASE WEAR A RUBBER SOLE SHOE THAT EITHER HAS VELCRO TIES OR SHOE LACES. DO NOT WEAR SLIPPERS OR SLIP-ON SNEAKERS OR CLOGS. ALSO, PLEASE EAT BREAKFAST. IF YOU ARE A DIABETIC

PLEASE MONITOR YOUR BLOOD GLUCOSE AS YOUR READING SHOULD BE OVER 100 AND LESS THAN 250 mg/dL.

Not everyone can make every session. I would appreciate it if you could send me an email informing me of the days (either Tuesday or Friday) for the February and March dates, that you will be unable to attend. Even if you already told me, please email darlenemgaron@gmail.com directly. **AS A REMINDER, IF THE WEATHER IS INCLEMENT WE WILL CANCEL THE SESSION FOR ALL OF OUR SAFETY, AND THAT SESSION WILL BE UNABLE TO BE MADE UP. IF THE EASTON SCHOOL DISTRICT CALLS A SNOW DAY WE WILL NOT BE MEETING.** (That would mean that you will be exercising at home....right?)

If you respond to this email your comments will be viewed by all. Knowing how many people are expected helps me plan the exercises that will be done for that day.

I thank you all for your interest and I look forward to working with each of you.

God Bless,

Darlene