

What is Active Options?

Active Options is a FREE web-based survey and searchable database of physical activity programs for older adults created by the National Council on Aging & researchers from the CDC's Healthy Aging Research Network. It offers publicity for physical activity program providers such as senior centers, YMCAs, and Parks & Rec Departments, AND helps connect older adults to the physical activity programs available in their communities.



For more information:
Serena Sanker, MS
NCOA's Center for Healthy Aging

Phone: 202-479-6641
Email: serena.sanker@ncoa.org

Active Options
for Aging Americans



www.activeoptions.org

Helping older adults
identify physical activity
programs in their
communities.

Physical Activity & Older Adults

Scientific evidence has shown that regular participation in physical activity has numerous positive effects on health, even for older adults who may have already been diagnosed with multiple chronic health conditions. In fact, physical activity is an important component of treatment of chronic conditions such as cardiovascular disease, high blood pressure, high cholesterol, chronic lung disease, and diabetes. Additionally, physical activity can lower overall mortality, risk of coronary heart disease, risk of colon cancer, risk of diabetes, and risk of obesity; and can improve mood, quality of life, and function.



Active Options for Physical Activity Program Providers

Active Options provides FREE publicity to physical activity program providers such as senior centers, YMCAs, and Parks & Rec Departments. It's EASY! If you are a program provider, visit www.activeoptions.org, create an account, and complete the brief survey. The information about your program/s will be entered into an online, searchable database so people in your community can easily access the information.

Active Options – A Resource for Older Adults

Active Options is a GREAT way to find physical activity programs that are accessible and appropriate for older adults.

If you are over 65 and are looking for physical activity programs in your community, visit www.activeoptions.org. Just click on “Search for Programs”, select your community, and easily find a variety of programs that are close to you.

It's Time!

For EVERYONE to become more physically active AND to make physical activity programs more accessible, especially to older adults.

Log onto www.activeoptions.org to see what programs are available in your community.

www.activeoptions.org



For more information contact:

Serena Sanker
NCOA's Center for Healthy Aging
1901 L Street, NW, 4th Floor
Washington, DC 20036
Phone: 202-479-6641
Email: serena.sanker@ncoa.org

