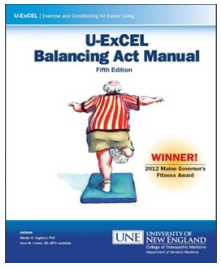
U-ExCEL Balancing Act



The Balancing Act manual is easy to use and has exercises that can be self taught.

The manual was designed with the assistance of older adults and those with vision impairments. The manual is available in audio, video, and print (including large print) formats.

Interested in getting Balancing Act going in your community?

The U-ExCEL staff are ready to provide the Balancing Act trainings, workshops, classes, and/or train the trainer sessions in either person or through webinars.

Contact us today!

Personal Training

U-ExCEl offers one-on-one or partner training in 30, 45, or 60-minute increments. The initial session begins with an assessment, which includes a measurement of strength, flexibility, endurance, and balance to help evaluate your overall fitness level and to set goals. The fitness specialist then creates a program designed specifically for you!

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Find us on: facebook

https://www.facebook.com/UEXCEL2

What U-ExCEL participants have said about U-ExCEL:

"The U-ExCEL program has taught me how to stand straighter, walk straighter and even to think straighter at age 85."

"The U-ExCEL program wakes us up, stretches us out, and makes us feel better all day."

"They have helped me in every day living. It is easier to get down on my knees and to get up again. I seem to be more agile and can bend better. My massage person says my legs have quite a bit of muscle in them. I'm 91, so that is good."

"Your classes are just right!! Good balance, weight control which is most necessary to all of us – direction, stimulation and a sense of humor make these exercises something to look forward to."

"The U-ExCEL program has given me more energy. The frailty I began to experience when I became 90 gradually began to decrease."

UNE UNIVERSITY OF NEW ENGLAND

INNOVATION FOR A HEALTHIER PLANET

U-ExCEL

UNE-Exercise and Conditioning for Easier Living



Optimizing Aging through Health and Wellness Programming

Anyone willing to try, can exercise!

U-ExCEL
Exercise & Conditioning for Easier Living

Mission

U-ExCEL's mission is to advance older adults' health and well-being to optimize aging.

Description

U-ExCEL is a comprehensive health promotion program created to serve older adults living independently, in retirement communities, or in long-term care housing. U-ExCEL offers an array of programs focused on fitness, wellness, balance, community engagement, and nutrition that can be offered almost anywhere! All programming can be done in groups, with a partner, or individually.

U-ExCEL Staff

Marilyn R. Gugliucci, PhD, MA, Director

Hannah C. Lemieux, BS, Fitness Director

For More Information:

Phone: 207-602-2134

www.une.edu/com/geriatric/programs/u-excel

Contracting with U-ExCEL

U-ExCEL service and program contracts are specifically designed to meet the goals and "soul" of organizations or living environments.

U-ExCEL Body Programs

"Body" programs are offered to improve physical function, overall well-being, and to maintain independence.

Current offerings:

- Water Walking, Aerobics, and Volleyball
- Strength & Balance (Various levels)
- Sit & Fit
- Core Dynamics
- Tai Chi, *Tai Chi for Arthritis*
- Yoga, *RYT 200*
- Circuit Training
- Movement & Stretch



Water Aerobics



Intermediate Strength & Balance

Format options for all programming include:

- Individual or Partners
- Group
- Self-Directed & Monitored
- Lecture Groups
- Discussion Groups
- Combination: Residents & Staff

U-ExCEL Mind Programs

"Mind" programs are offered to improve emotional and mental/cognitive well-being. There are a variety of different topics, such as:

- Hydration and Nutrition
- Aging and Brain Health
- Happiness and Contentment



Instructing the brain warm-up at the Dana Foundation's *Aging and Your Brain* Seminar

U-ExCEL Areas of Expertise

- Balance for Falls Prevention
- Exercise for Individuals with Dementia
- Programs for Partners and Care Partners
- Staff and Resident Programming

Special Programming:

- ◊ Kayak/Canoe Trips
- ◊ Outdoor Yoga
- ◊ Hiking Excursions



Kayaking Trips



Hiking Excursions