

Rosanne Hanley to organize free senior fitness class

Rosanne Hanley is no stranger to fundraising and hosting classes and events for the local community.

SARASOTA, FLORIDA, UNITED STATES, February 8, 2018 /EINPresswire.com/ -- The social activist—a fitness enthusiast and keen volleyball player—now plans to host a free fitness class for senior citizens in her area.

Florida is currently home to over 3 million residents aged 65 and above, while 1 in 20 residents is now in their 80s or older.

By the latest estimates, the number of over 65s in Florida is projected to reach close to 10 million by 2030. This is largely due to migration of senior citizens from other areas of the US.

As of 2018, only California has more seniors and is currently home to upwards of 4 million residents aged over 65.

"People are living longer," [says Rosanne Hanley](#), "and they're moving to places like Florida and California to enjoy the sunshine, great food and sense of community on offer in their golden years."

[Rosanne Hanley has spotted a problem, however](#). "Living somewhere wonderful is great, but only if you can enjoy it," she points out. "I want to make sure Florida's aging population is fit, healthy and mobile enough to enjoy the weather, the scenery, the beaches and everything else the state has to provide. A reasonable level of fitness, in old age, is key to achieving that."

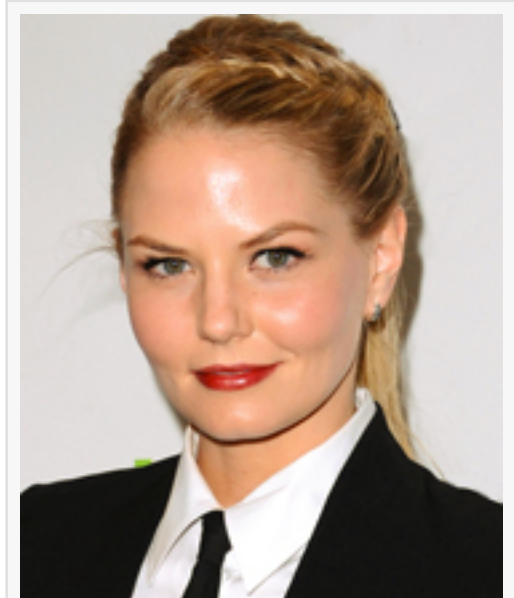
Research shows that the benefits of exercise and fitness on the elderly are plentiful.

Those who exercise tend to have an increased immune response which reduces the impact of illness and chronic disease.

Regular exercise also helps to improve digestive function, blood pressure levels, and bone density, while simultaneously reducing the risk of Alzheimer's disease, obesity, diabetes, osteoporosis, heart disease, and certain cancers.

Example exercises for the elderly include aerobic activities which increase heart rate and breathing, such as brisk walking, dancing or swimming. Strength exercises improve muscle tone, while exercises focused on balance help to prevent falls.

Meanwhile, flexibility exercises help to both stretch and further strengthen muscles, allowing the body to remain limber, even in old age.



Rosanne Hanley

Indeed, Hanley isn't trying to turn Florida's pensioners into Olympic athletes.

"It's not about doing the 100m dash, it's simply about maintaining good mobility and an above-average level of overall health and fitness," she remarks.

"It's what I want for my own older relatives, and it's what I want for their friends, neighbors and the rest of Florida's constantly aging population," Hanley adds.

"The class will be free for residents of Sarasota and surrounding areas," [reiterates Rosanne Hanley](#), "and it's open to everyone who's a little older and wishes to improve their general fitness without overexerting themselves. I want everyone of a certain age and above to feel welcome!"

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