

Franklin County YMCA to Host Annual Healthy Aging Fair & Fitness Assessment

GREENFIELD, MA — Franklin County's YMCA will host its annual Healthy Aging Fair & Fitness Assessment, Wednesday, October 21, from 9–11:30 a.m. in the YMCA gym. The free event is open to everyone age 60 and older and will offer a morning of health, wellness, connection, and community.

Attendees will have the opportunity to take part in free Functional Fitness Assessments led by YMCA-certified trainers. In approximately 20 minutes, participants will complete a series of tests measuring upper- and lower-body strength, flexibility, aerobic endurance, and balance.

The assessment provides more than just numbers. Participants receive personalized feedback comparing their results to national fitness benchmarks, along with individualized tips to help improve strength, mobility, balance, and overall fitness. It can also provide a helpful snapshot of current abilities and identify areas where small changes in physical activity could make everyday activities—such as climbing stairs, carrying groceries, getting up from a chair, or maintaining balance—easier and safer.

"Fitness assessments are a great way to see where you are today and set realistic goals for where you want to be," said Jayne Trosin, Fitness & Social Responsibility Director at the Franklin County YMCA. "You don't have to be an athlete to benefit. This is about understanding your body, celebrating what you can do, and finding ways to keep moving and feeling your best."

The Healthy Aging Fair will also feature a variety of health and wellness resources, including:

- Walgreens Vaccine Clinic, Hearing Tests
- Free chair massages
- Local businesses and community organizations
- Snacks, refreshments, and Door prizes
- Information and resources focused on healthy aging

Participants will have the opportunity to try two different group exercise classes at the Y: Yoga for Healthy Aging or Drums Alive, both happening from 10 to 10:45 a.m. Then at 11 a.m., attendees are invited to a free presentation, "Exercise as Medicine for Chronic Disease," led by Maria Stevens, MD, a family medicine physician and experienced fitness educator. The presentation will explore how physical activity works in the body and why exercise is one of the most effective tools for managing chronic illness. Light lunch (free) from Stone Soup Cafe will be served.

For many older adults, staying healthy is about more than exercise. It's also about maintaining connections, discovering new activities, and having a place to belong. "Many healthy agers are joining—or rejoining—the Y to build strength, endurance, and a sense of community," Trosin said. "Often, the feeling of aging is more about inactivity than age itself. Our Y supports more than 1,000 Active Older Adult members through swimming, strength training, group exercise, and even pickleball."

Through programs such as Prescribe the Y, developed in partnership with local physicians, the Franklin County YMCA continues to expand fitness and wellness opportunities for adults at every level. Members can take advantage of the Y's pool, Fit Life Center, and classes including yoga, Tai Chi, cycling, and more.

The Healthy Aging Fair is also an opportunity to experience the YMCA community, meet its dedicated staff, learn about available programs and resources, and discover new ways to support a healthy, active lifestyle.

This year's Healthy Aging Fair is generously sponsored by Baystate Health, with vaccines provided by Walgreens.

For more information about the Healthy Aging Fair and other YMCA programs and events, visit www.your-y.org.

About Franklin County's YMCA:

Established in 1889, Franklin County's YMCA is one of the largest locally supported, not-for-profit community-based organizations in Franklin County. The Y provides opportunities for members to develop character and leadership, grow in mind, body and spirit through program participation and service, and improve the quality of life for all in Franklin County. Franklin County's YMCA is located at 451 Main Street in Greenfield and at www.your-y.org.