



ConnectFit embraces the mind body connection and enhances physical and cognitive fitness abilities.

Church of Christ Assisted Living residents can participate in five different forms of exercise for optimum aging:

- Cardiovascular endurance exercises, such as Zumba Gold® and aerobics, to strengthen the heart and lungs.
- Weight bearing activities to increase muscular strength and keep the muscles strong.
- Lower extremity strengthening exercises to reduce the risk of falls and increase balance.
- Gentle chair yoga to increase flexibility and enhance movements for daily activities.
- Brain exercises, such as word games, puzzles, and music, to promote brain health and aging.



ConnectFit

Strengthens the mind and body

Reduces the risk of falls

Promotes optimum brain health and aging

Find us on Facebook!



Church of Christ Assisted Living

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