



## **Move.Laugh.Connect... Extending the Functional Years**

*Move.Laugh.Connect...Extending the Functional Years* (MLC) is an exercise program designed to reconnect people, and improve their daily function and overall well-being. This program is appropriate for most everyone, especially older adults. Those with movement disorders or challenged by other health conditions will find it especially helpful. It is a balanced program - that is, physical, emotional, and social dimensions are recognized as *critical* to the total well-being of the individual. An emphasis on each of these dimensions is included in the programming of the exercise class, and special consideration is given to people suffering from various Movement Disorders, specifically Parkinson's Disease.

**MLC was developed by Cooper Fitness Center professionals, Drs. Charles and Susan Sterling, Jamie M. Cochran, ATC, NASM-CPT/Adv CES, and April C. Swales, CPT, CMES, CHC.**

MLC contains specific movements that are evidence-based, and incorporates the three important functions of movement, laughter, and social connection. Laughter can lower pain levels, increase memory recall, lower stress levels, and stimulate hormonal changes within the body. It can also help slow the deterioration of the facial and throat muscles in Parkinson's patients, as well as improve their cognitive function.

It is crucial that people in the Movement Disorder community, as well as their caregivers and loved ones, stay connected to other patients. Doing so allows them to interact with people who understand their conditions, who can effectively empathize with them. MLC is a group class, which offers support and opportunities to reestablish important social connections.

### **Cost to Participate**

MCL classes will be taught by MLC certified Master Trainer, and co-author, Jamie Cochran. Current members/Senior Wellness members will be able to attend the MLC class for no additional fees. New participants will be required to enroll in the Senior Wellness program for a monthly fee of \$34.10 for a single membership and \$57.20 for a couple (taxes included). There will be no enrollment fee with a 12-month contract. Month-to-month contracts will be assessed a \$50 enrollment fee.

### **When and Where**

Starting on Tuesday June 27, 2017, MLC classes will be held every Tuesday and Thursday at 12:00 pm at the Louisiana Athletic Club Pineville location.

### **Additional Info**

Additional information about the authors and the MLC video music project can be found at:  
**[www.ATributeOurPeeps.com](http://www.ATributeOurPeeps.com)**

**Exercise Focus of the MLC Program:**

- Improve on functional fitness – particularly strength and flexibility (aerobics encouraged outside of class).
- Improve on motor skills – particularly balance, coordination, and agility.
- Maintain and improve mobility.
- Maintain Activities of Daily Living (ADL's)
- Prevent falls
- Acquire and maintain new friendships.

**Class Programming Consists Of:**

- Gait Training
- Strength
- Flexibility
- Balance
- Coordination
- Posture
- Breathing
- Neuromuscular/Proprioceptive Training

**Participants Will:**

- Find opportunities to interact and smile/laugh with others.
- Develop a positive and optimistic outlook.
- Enhance self-esteem and personal happiness.
- Learn and educate self and others.
- Create a meaningful environment so all will look forward to class.
- Extend their functional years.



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