

## 🌿 5th Week A Success Story from Zamora, Spain 🌿



For five weeks, with two 60-minute sessions per week, 14 people over the age of 55 participated in training sessions held in the Multipurpose Hall in the town of Monfarracinos, Zamora, with the aim of performing a wide variety of aerobic, strength, flexibility, and balance exercises to promote active aging.

The pilot program dedicated to the silver population focused on strength training for the prevention of sarcopenia.

The implementation of the program has led to an improvement in the physical and emotional health of participants, primarily in terms of social, cognitive, and functional mobility aspects.

### 💬 What Participants Had to Say

*"At my age, with the menopause, strength training has helped me feel better." – Joaquina, 55*

*"After five weeks of strength training, I feel more agile." – Vicente, 63*

*"It has been a positive experience, both in terms of exercise and motivation, and in terms of the social life we have built among ourselves..." – Raquel, 57*

*"Involvement has been very high, with spontaneous responses and interactions and a climate of support and group cohesion." – Trainer*