

Independence for Elders Since 1972

Exercise and Recreation for All Ages

Research shows that regular physical activity can help us live longer and healthier lives while helping to prevent or manage chronic conditions. As we age or a health condition lowers our energy levels, it can feel more difficult to find ways to remain healthy and fit.

Organizations around the North Shore offer many ways for you to gain and maintain the level of health that feels right to you. Web resources offer other ways for you to maintain your physical health at home or in the setting of your choice.

Exercise and Recreation

It is important to check with your health care provider before starting any exercise program!

At Home:

There are many home fitness videos available online – a YouTube search for videos developed for older adults or people with limited mobility will produce a lengthy list of options. Some health insurance providers are also sharing exercise programs for their policy holders.

Exercise programs for people with specific health conditions are also available, for example:

- New York Presbyterian Hospital: [Pulmonary Rehab Home Exercise Program](#) – Simple home exercises for people with pulmonary conditions.
- Mass General Hospital, Cardiovascular Disease Prevention Center: [Strength Training and Stretching](#) – Simple, low impact exercise program developed for people with cardiovascular conditions.
- The Arthritis Foundation, Your Exercise Solution: [Your Exercise Solution](#) – a library of exercise video addressing specific joints.

While our volunteers have done their best to provide accurate information, keep in mind that listings and activities can change. Consider speaking with your medical provider about your ability to walk along these trails/paths.

Serving Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester-by-the-Sea, Rockport, Topsfield, & Wenham
RSVP Volunteers of the North Shore also serve in Danvers, Peabody, Salem, & Marblehead

Classes

[SeniorCare Wellness Programs](#) offer a variety of classes and workshops to promote health and wellbeing.

Senior Centers and Councils on Aging

Local Senior Centers offer a variety of health and wellness programs for free or at a very low cost. Please see their websites, newsletters, or call for up to date offerings.

- [Beverly](#): See the [Garden City Courier](#) for a class schedule or call 978-921-6017
- [Essex](#): See the [Essex Senior Echo](#) for class schedule or call 978-768-7932.
- [Gloucester](#): See [Coast Line News](#) for a class schedule or call 978-325-5800.
- [Hamilton](#): See [H-W Senior Life](#) for a class schedule or call 978-468-5595
- [Ipswich](#): See their [website listing](#) for a class schedule or call 978-356-6650.
- [Manchester-by-the-Sea](#): See [Seniors-by-the-Sea](#) for class schedule or call 978-526-7500.
- [Rockport](#): See [News on Broadway](#) for class schedule or call 978-546-2573
- [Topsfield](#): See [The Scoop](#) for class schedule or call 978-887-1523
- [Wenham](#): See [H-W Senior Life](#) for a class schedule or call 978-468-5534

[YMCA of the North Shore](#) There are YMCA facilities located in Beverly, Gloucester, and Ipswich as well as many other cities and towns. Each offers a range of classes for all fitness levels as well exercise equipment for individual use. To find a class, you can use their [schedules](#) feature. They offer many classes, use the “Location” and “Category” menus at the top of the page to narrow your choices. Membership is required. There are discounted rates for older adults and a flexible fee schedule for those in need.

Gyms and Fitness Centers

Many health care plans offer reimbursement for a portion of gym membership fees. Check with yours to see if you qualify.

Outdoors

MassDCR Accessible Trails: Discover paved rail trails and accessibly-designed hiking trails in Massachusetts State Parks

Essex County Greenbelt: The Greenbelt has created a [Gentle Trails Guide](#) with information on short, gently-graded trails.

Beverly - The city of Beverly's [Open Spaces and Recreation Committee](#) maintains an inventory of passive recreation sites. List is available on their website.

Gloucester: Walk Boston has published a [Gloucester Walking Map](#) with detailed information about accessible walks.

Manchester: The goal of the [Longevity Bench Project](#) is to place benches every half mile along popular walking routes in Manchester-by-the-Sea.

Rockport: Rockport Public Works Department has created a map of all the public benches in the town: [Rockport Public Benches](#).

Topsfield: Topsfield Linear Common Trail map available here:
<https://www.ectaonline.org/trails/topsfield-linear-commonrail-trail/>

Virtual: If you are unable to get outside, you can still participate in outdoor activities through your window. [Nature's Notebook](#) and [iNaturalist](#) collect seasonal observations of plants and animals from citizens all over the world to help scientists understand how changes in the climate affect our living world. Your observations through your window will be welcomed. Easy signup instructions on the web pages.

**Special thanks to RSVP of the North Shore volunteer Jane Mead for compiling this important information*

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