



14



18



20



22



26



30

ONSITEfitness

Fitness & Aquatics For Nonprofits

CONTENTS

Fall 2016

VOL. 11 NO. 3

“Innovations in Programming”

C O L U M N S & F E A T U R E S

14 SUSTAINABLE FITNESS FOR BOOMERS

Providing Physical Challenges for Older Adults
By Dolly B Stokes

18 ENOUGH PROTEIN??

A Basic Understanding of Nutrition
By Tammy Petersen

20 5 STRENGTHENING YOGA EXERCISES EVERY SKIER NEEDS TO KNOW

Increasing Muscular Strength and Flexibility
By Elizabeth Rae Kovar, MA

22 WATER EXERCISES YOU SHOULD AVOID!

Recognizing Unsafe Water Exercises
By Pauline Ivens, MS

26 STRENGTH INDEX

Stretching For Greater Strength Gains
By Wayne L. Westcott, PhD, CSCS & Rita La Rosa Loud, BS

30 INDUSTRY NEWS WORLD HEALTH ORGANIZATION

Report Confirms Obesity Is a Cause of Many Cancers

Departments

- 3 Publisher’s Note
- 5 Editorial Board
- 6 Branch & Center News
- 13 Preferred Vendors