



Whisper Woods at Smithtown Kicks Off Senior Fitness Series



(SMITHTOWN, NY – Nov. 15, 2017) – [Whisper Woods at Smithtown](#) hosted a full house for its first, free Silver Sneakers Event where a certified physical therapist and personal trainer came in to educate seniors on injury prevention, exercises and the benefits of physical activity.

Ian Feurtado, certified personal trainer and director of fitness at [Metro Physical Therapy](#), put on quite a show for the room of seniors looking to live a more active life style. He incorporated fun music and dancing with exercises designed exclusively for older adults. Silver Sneakers is a fun way to get fit and is geared for older adults who want to take control of their health and wellness. Staying fit not only allows seniors to maintain independence, but also reduces the risk of a number of other health problems and injuries.

About Whisper Woods at Smithtown

[Whisper Woods at Smithtown](#) is dedicated to connecting older adults with the people, places and activities that bring purpose and meaning to life. This Benchmark Senior Living community, set to open in spring 2018, will offer assisted living and memory care. Seniors and families on the North Shore of Long Island can expect the highest quality of compassionate care and service that [Benchmark](#), with more than 20 years of experience, provides. Please visit us [online](#), or call 631-320-3181.