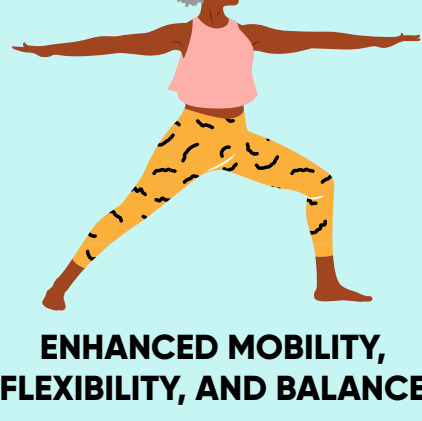


PHYSICAL FITNESS AS WE AGE

It's never too late to start focusing on your physical well-being regardless of your age or health status. Not only are there physical benefits of exercising, but mental ones as well. Here are a few reasons why exercise is important as you age.



ENHANCED MOBILITY, FLEXIBILITY, AND BALANCE

Exercise improves your strength, flexibility, and posture, which in turn can help with your balance, coordination, and reduce your risk of falls.

**HelpGuide.org*



IMPROVED WELL-BEING

Physical activity can aid diverse brain functions like multitasking and creativity, and helps to prevent memory loss, cognitive decline, and dementia.

**HelpGuide.org*

BENEFITS OF PHYSICAL WELLNESS

Physical activity reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being

**Center for Disease Control & Prevention*



IMPROVED BRAIN FUNCTION

Being physically active with friends and family is a great way to stay healthy and make exercise fun.

**National Institute on Aging*



TIME SPENT WITH LOVED ONES

DISPELLING FALSE BELIEFS

A common misconception about physical well-being is that exercising as you age can potentially cause more harm than benefits. However, it's been proven that staying physically active and exercising, regardless of your health status or age, is more beneficial to your overall health than being inactive.



**National Institute on Aging*

ACTIVITIES BENEFICIAL FOR OLDER ADULTS

When it comes to exercising, it's important to engage in a variety of activities in order to target the different needs of your body. Here are some examples of each type. Keep in mind, the best type of exercise routine is one you'll stick to.

ENDURANCE

- YARD WORK (MOWING, RAKING)
- DANCING
- TENNIS OR BASKETBALL
- PICKLE BALL



- CLIMBING STAIRS OR HILLS
- SWIMMING
- BRISK WALKING OR JOGGING
- BIKING

Get at least 150 minutes per week of moderate-intensity aerobic activity.

**National Institute on Aging and American Heart Association*

STRENGTH

- LIFTING WEIGHTS
- CARRYING GROCERIES
- GRIPPING A TENNIS BALL
- OVERHEAD ARM CURL



- WALL PUSH-UPS
- ARM CURLS
- LIFTING YOUR BODY WEIGHT
- USING A RESISTANCE BAND

Try to do strength exercises for all of your major muscle groups at least 2 days per week.

**National Institute on Aging*

BALANCE

- TAI CHI
- QI GONG
- STANDING ON ONE FOOT
- THE HEEL-TO-TOE WALK



- THE BALANCE WALK
- STANDING FROM A SEATED POSITION
- BACK LEG RAISES
- FLAMINGO STAND

Balance exercises can be done as many days as you like and as often as you like.

Those at risk of falls should do balance training 3 or more days a week.

**National Institute on Aging, American Heart Association and HealthLine.com*

FLEXIBILITY

- YOGA
- THE BACK STRETCH EXERCISE
- THE INNER THIGH STRETCH



- THE ANKLE STRETCH
- THE BACK OF LEG STRETCH
- HIP STRETCH

Try to stretch major muscles groups for at least 10 minutes, 2 days a week.

**National Institute on Aging and HealthLine.com*

EXERCISE WITH FRIENDS LIFE CARE VIGR®! VISIT OUR WEBSITE FOR LINE DANCING AND CHAIR YOGA VIDEOS.



Friends Life Care's focus on prevention and preservation of your lifestyle can help you stay healthy, well, and at home as you age.

From day one of membership, you are assigned a dedicated Wellness Coordinator who acts as your personal healthcare advocate. You also have access to our award winning VigR® Vitality, Independence, Growth, Resilience™ wellness program.

It's never too late to take control of your health and your future. Friends Life Care is here to help. Contact us today to get started.



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Your Life • Your Independence • Your Home

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Friends Life Care reminds you that you should always put safety first and check with your physician before beginning or changing any exercise routine.

