



VigR® e-Newsletter

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Physical wellness promotes **taking care of our bodies** and living responsibly.

This month's e-newsletter features **ways to care for your physical self** and work toward optimal health.

Physical Fitness as We Age Infographic

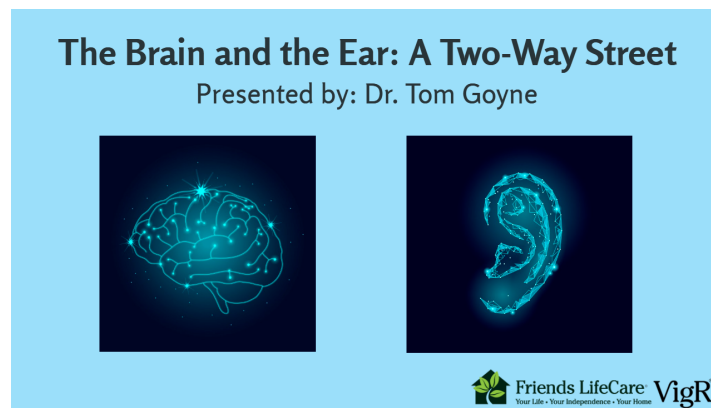


A healthy body can help **preserve your independence**, lifestyle, and longevity. It doesn't happen by chance though.

Download this infographic to find out more about the benefits of physical wellness, **false beliefs about exercise you can nix now**, and physical activities beneficial for older adults.

[DOWNLOAD NOW](#)

Upcoming Friends Life Care VigR® Wellness Workshops



The Brain and The Ear: A Two-Way Street (Friends Life Care VigR® Webinar)

The brain and the ear **are a team, working together** to promote one another's health.

Learn more about this topic - and what we can do to **make sure our brain and hearing collaborate** as well as possible - during this webinar led by audiologist, Dr. Tom Goynes.

[WATCH RECORDING](#)



Savvy Travel (Friends Life Care VigR® Webinar)

Did you know **travel can boost your health**, state of mind, and overall well-being? Join Kevin Gibbons, a cash flow planning specialist, for a look into how you can enjoy your travels even more **by learning how to plan for and afford vacations**.

[WATCH RECORDING](#)

Friends Life Care Member Benefits Video



Friends Life Care's **focus on prevention and preservation of lifestyle** can help you stay healthy, active, and at home as you age. From day one of membership, you are assigned a **dedicated [Wellness Coordinator](#)** and have access to our award winning [VigR®](#) wellness program.

Learn more about the **many benefits Friends Life Care membership** offers. Watch this short video.

WATCH NOW

VigR® Chats



Total Body Chair Exercises

This total body chair workout is a **great way to improve** strength and endurance. All you need is a **set of light weights or water bottles** to work all your major muscle groups.

WATCH NOW



Chair Stretches

Stretching **2-3 days per week** can improve flexibility, release muscle tension, improve posture, calm your mind, and prevent injuries. Loosen up your **joints and muscles** with this full body chair stretching routine.

[WATCH NOW](#)

eMeetinghouse Blog



Six Tips to Eat Healthy

Summer may be coming to a close but **an abundance of fresh, in-season foods** is still available. Take advantage and **follow these six tips** to eat healthy while you're at it.

[READ MORE](#)

COVID-19 Update



The highly contagious **coronavirus variant** called **Delta** is present in all 50 states and now is the predominant variant in many parts of the United States. First detected last year in India, the Centers for Disease Control and Prevention (CDC) estimates that **Delta accounts for 51.7% of coronavirus infection** in the United States. It has **spread to dozens of countries** where it has upended plans for a return to normalcy. The Delta variant is **not expected to cause massive outbreaks** across the entire United States. Instead, health experts anticipate it will **cause surges in communities where vaccination rates are lower**, posing the most serious risk to those who are older, sicker, and unvaccinated.

Although the **Delta variant is highly contagious**, all three vaccines offer strong protection against severe disease and death. In the U.S., **67.1% of all adults have had at least one vaccine dose** and 58.3% (150 million) Americans are now fully vaccinated.

Studies suggest that a **single shot of a two-dose regimen provides only weak protection against Delta**, and public health experts have been encouraging Americans to get fully vaccinated as soon as possible; especially younger adults who currently have the highest number of coronavirus infections.

Wellness and Care Coordination Corner

Many dread exercise because it just doesn't feel fun! **What could be more enjoyable than dancing?** It turns out that [engaging in dance](#) can help older adults strengthen not only their bodies, but also their minds.

Aches and pains can come with a long day's work in the garden. **Reduce those pains and enjoy gardening even more** by trying [these exercise tips](#) for gardeners.

The Center for Disease Control (CDC) recommends **aiming for 150 minutes a week of moderate-intensity exercise**. Interested in measuring the intensity of your physical activity? Check out the [CDC's guide](#) to get started.

[VigR® Wellness Webinar Library](#)

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