



SENIORS AND PHYSICAL ACTIVITY

BENEFITS OF PHYSICAL ACTIVITY IN SENIORS:

- Assists in maintaining the ability to live independently.
- Reduces the risks of falling and breaking bones
- Reduces the risks of chronic disease (such as heart disease, high blood pressure, and diabetes) and premature death.
- May help to reduce the feelings of depression.

BEING PHYSICALLY ACTIVE ON A REGULAR BASIS...

WHY SHOULD YOU EXERCISE?

- Regular exercise is important to the physical and mental health of almost everyone including seniors.
- Regular exercise promotes long term health benefits and can help improve the health of individuals that already have disease and/or diabetes.
- Regular exercise will enable you to keep doing the things you like because you will stay strong and fit.

... IS ONE OF THE HEALTHIEST THINGS YOU CAN DO FOR YOURSELF!

HOW DO YOU KEEP PHYSICALLY HEALTHY?

1. Stay Active: Exercise at least 30 mins a day, 5 days a week!
2. Improve muscle strength, examples include: Lifting weights, doing pushups or sit ups, yard work (digging, shoveling).
3. Eat healthy food