



## Why is exercise important?

Martha wants to stay active with her family. Martha wants to have energy to continue activities like berry picking, fishing, and playing with grandkids. She also wants to live in her home on her own without worrying about falling. With the support of an Exercise Physiologist, Martha decided to start an exercise program. She found exercises and activities that she enjoyed, assisting with her strength, endurance, and balance. Staying physically active can also lower Martha's risk of chronic heart disease and diabetes which runs in her family. Adding exercise to your daily routine can help you stay healthy, independent, and happy as you age.

## What can you look for?

- Feeling weak or like you may fall
- Avoiding certain activities in fear of falling
- Low energy

Being physically active can help stay mobile, avoid falls and complete daily tasks easier. Being active can also support mental health and overall wellbeing and quality of life.

## Questions to ask yourself:

- Are you physically active regularly?
- Do you have any joint pain or problems?
- Do you have any other barriers to increasing activity?
- Do you have any chronic health conditions or risk factors?





# Aging Well – Exercise



## What can you do?

- Be physically active
- Find exercises and activity that you enjoy doing
- Join a community for support and motivation

## Where can you find support?

- **Elder Program** offers exercise activities to stay connected with your community.
- **Exercise Physiologist** can assist with:
  - Building a personal exercise plan
  - Finding exercises and activities you enjoy doing and can do safely
  - Providing support and motivation
- Your **Primary Care Team** can support physical activity to keep you active and better manage any chronic conditions you may have.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

- ☐ Elder Program
- ☐ Exercise
- ☐ Primary Care
- ☐ Wellness Center

## Community Resources

- ☐ Anchorage Senior Activity Center (907) 770-2000 or [anchorageseniorcenter.org](http://anchorageseniorcenter.org)
- ☐ Silver Sneakers  
[www.silversneakers.com](http://www.silversneakers.com)
- ☐ YMCA Alaska (907) 563-3211  
[www.ymcaalaska.org](http://www.ymcaalaska.org)

