AGING WELL

Exercise

Why is exercise important?

Martha wants to stay active with her family and to maintain her energy levels for activities like berry picking, fishing, and playing with her grandkids. She also wants to live independently in her home 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, which assisted 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.

What are some considerations for exercise?

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

Being physically active can help you stay mobile, avoid falls, and make daily tasks easier and can help you stay healthy, independent, and happy as you age. Being active can also support mental health, overall wellbeing, and quality of life.

Questions to ask yourself:

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

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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What can you do?

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

Where can you find support?

Contact your care team at Nilavena Regional Health Center..... (907) 571-1818

NB

☑ Your Primary Care Team

Your primary care team can support physical activity to keep you active and better manage any chronic conditions you may have.

☐ Elder Program ..... (907) 729-6500

The Elder Program offers exercise activities to stay connected with your community.

☐ Wellness Center ..... (907) 631-7630

The Wellness Center can provide resources to support your health and wellness.

Key

NB Non-Beneficiary	R Referral needed	Travel by car required
☑ Support available to Non-Beneficiary	Travel by plane required	Available over the phone or virtual visit