

August 2019

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

Staying Physically Active

Physical activity is important to include during your daily routine. Physical activity has many health benefits and should be something that you enjoy doing. The benefits from activity can provide positive impacts on your life, even if you have not been physically active before.

It is recommended to complete 150 minutes of physical activity a week. A personalized plan should be completed prior to starting any new physical activity and should include medical clearance from your primary care physician. Physical activity should be based on your body's capabilities, limitations, chronic diseases, and environment.

Make sure to complete exercises in a safe manner. If you are unaware of how to complete an activity, seek help from a certified personal trainer. Exercises should not hurt or cause major discomfort. If you feel any of this, stop activity immediately.



There are different types of exercises that should be included in your plan. These types are cardio, strength and balance.

Physical activity is important to incorporate in your daily routine to help burn calories. Burning calories helps achieve or maintain a healthy body weight while boosting your metabolism. Physical activity can also help strengthen your muscles, boost balance, and may help with arthritis pain. Physical activity has benefits to help with digestion and help promote better sleep.

Physical activity should be included in your daily routine and planned. Place desired activity on your calendar every day to ensure you allot time to complete exercise. Include family members, friends or neighbors into your physical activity routine for accountability as well as company.

There are many barriers that one can face when it comes to physical activity. Barriers can come in all different sizes. Having a plan ahead of time will ensure that healthy habits are made and sustained. Your plan should include strength, endurance, and flexibility exercises.

Activities may include, but not limited to:

1. Walking (walk on safe sidewalks, around stores and around your home)
2. Swimming
3. Dancing
4. Take classes (examples: yoga, Tai Chi)
5. Outdoor gardening with manual tools
6. Learn chair exercises
7. Walk in place during commercial breaks
8. Park further away from the door
9. Take the stairs
10. Reaching for things above your head



August 21, 2019–

National Senior Citizens Day

President Ronald Reagan signed a proclamation on August 19, 1988 declaring August 21st as National Senior Citizens Day. This day was designated to show appreciation, support and honor to our senior citizens on their achievements.

August is:

National Eye Exam Month

Schedule your annual eye exam in August if you have not completed one this year

National Immunization Awareness Month

Schedule your annual immunizations at this time

References:

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<https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>