

GOLDEN OPPORTUNITIES

Because Everyone Deserves a Home



Lutheran Homes Society
1905 Perrysburg-Holland Road
Holland, Ohio • 43528
419/861-5506
Fax 419/861-4059

Exercise - the "Youth Potion"

By David I. Roberts, President/CEO, Lutheran Homes Society

One of the keys to successful aging is to remain fully engaged with life in all of its aspects by maintaining relationships with others, living productively, and contributing to society.

Health is likely the most valued aspect of our quality of life as we age. The concept of healthy aging considers the health of the whole person— one's physical, psychological, social, and spiritual health— not just freedom from disease.

Regular, moderate, daily physical activity or exercise may be the closest thing to a "youth potion" that is currently available.

Social contact, whether it be close relationships with family and friends or social contact with others, also contributes significantly to health.

Living a productive life can mean engaging in the tasks of daily living to maintain one's independence, caring for others, working, or being

active in church or social organizations.

If seniors do not have access to fitness centers or exercise equipment, there are still many things they can do to stay active. Walking is the number one form of exercise for many people. Things like gardening, raking the lawn, scrubbing floors, and taking the steps instead of the elevator are also good exercise.

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David I. Roberts, President/CEO