

When caregivers are busy taking care of loved ones, it is sometimes hard to take care of ourselves. Exercise may not be the first thing you think of when you have a spare moment. However, adding a bit of activity in your day is easy to do, and the benefits happen almost immediately including:

- improved mood and outlook to your day.
- increased stamina and energy.
- slows the effects of aging.
- lower blood pressure, cholesterol, triglycerides, and improvements in circulation and body composition.
- lower blood sugar and insulin sensitivity.
- improved strength, mobility, balance, coordination, bone health, cognitive function and mental health.
- improved quality of life.

The **Canadian Physical Activity Guidelines for Older Adults (65 years and older)** recommend that to achieve healthy benefits and improve functional abilities, older adults should:

- accumulate at least 150 minutes of physical activity per week, in bouts of 10 minutes or more.
- add muscle and bone strengthening activities at least twice a week.
- participate in activities that enhance balance in order to prevent falls.

If you have concerns about your health or becoming more active speak with your family physician for a referral to an exercise specialist or a qualified exercise professional to ensure that starting an exercise program will be safe for you.

### Pick a time. Pick a place. Make a plan and move more!

- Join an activity session at the WESC, community league or mall walking group.
- Next time you have an appointment try standing or going for a short walk instead of sitting in a waiting room.
- Go for a brisk walk around the block after lunch. If you don't have a safe space to walk outdoors, or the weather is poor try walking in a mall or the perimeter of the grocery store.
- Take up a favourite sport again once a week.
- Be active with the family! Plan to have "active reunions".
- Take the dog for a walk after dinner
- Try a home walking video from the comfort of your living room on the internet. On YouTube search walking program (Leslie Sansone Just Walk) and there are a number of different videos to accommodate different fitness levels and limitations.