

GET MOVING, FEEL BETTER!!

First Things First: Check With Your Doctor

Before starting with exercises as a senior you should consult your doctor. Let him or her know you are going to begin exercising or increasing your activity level.

You better enjoy yourself!

Regular physical activity can improve your quality of life in so many ways.

Doing something you love to do is a great way to stay motivated. Over exerting yourself or participating in an exercise program you don't really like will make you exhausted and very likely cause you to discontinue activity. In order to gain the many benefits of regular exercise, including increased energy, weight loss, improved heart health and strong bones, you must like what you are doing. If swimming feels great, dancing gets your excitement up, bicycling is refreshing, then by all means do what you enjoy!

Start small, any movement counts! Even seated exercises like the following:



Do NOT forget about Nutrition!

Eating more nutritious foods along with adding movement will only help you feel even better! Increase those fruits and vegetables, drop the liquid calories and fuel your workout by drinking more water. Say no to prepackaged, processed items....eat real food!!

For more information on weight loss strategies and how you can improve your nutritional intake contact Washington County Aging and Disabilities Resource Center for information about nutritional counseling from a Registered Dietitian.