



Physically Fit and Fun for All Ages!

"...even to your old age I am He, even when you turn gray I will carry you. I have made and I will bear: I will carry and will save." Isaiah 46:4 (NRSV)

Physical activity is a great way for older adults to prevent health decline that many persons face with increasing age. Remaining active regularly improves one's ability to do everyday things – like pushing a shopping cart, carrying a laundry basket, or playing with grandchildren. Regular activity also decreases risk of developing chronic health conditions, such as diabetes or heart disease.

An older adult can be more active. Just "start low and go slow!" Set an individual pace. Choose activities that are enjoyable and comfortable to maintain. Be sure to check with health care providers when chronic health problems and/or medications are negative factors affecting quality life.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation's Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



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