



## **Especially for Older Adults!**

*“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*

Physical activity is a great way for older adults to prevent the health decline that many face with increasing age. Being active on a regular basis can improve the 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.

Older adults of all ages can become more active - just **“start low and go slow!”** Be active at one’s own pace, and do activities that are enjoyable and with which each person is comfortable. Be sure to consult a healthcare provider before increasing physical activity if any chronic health problems exist and/or prescribed medications are being taken.

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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