



GET ACTIVE

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Extra Benefits of Exercise for Seniors

by Sabrina Busch, Community Liaison

We've all heard about the many benefits of exercise — a healthier heart, stronger bones, improved appearance and flexibility — but exercise has many additional benefits, especially for seniors.

"Many characteristics we associate with older age — like the inability to walk long distances, climb stairs, or carry groceries, are largely due to a lack of physical activity," explains Dr. John Montgomery, a family physician, medical epidemiologist and vice-president of Senior Care Solutions with Blue Cross and Blue Shield of Florida.

"Some are worried that exercise will cause illness or injury," said Montgomery. "Others think exercise means they have to do something strenuous, which they may not be capable of. What they may not realize is that it could be more of a risk not to exercise," explains Montgomery.

Seniors can benefit tremendously from regular exercise. The Centers for Disease Control reports that seniors have even more to gain than younger people by becoming more active because they are at higher risk for the health problems that physical activity can prevent.

Even moderate physical activity can help seniors to:

- Increase mental capacity**
- Prevent disease**
- Improve healing**
- Improve quality of life**
- Increase balance**
- Increase life expectancy**

"When it comes to exercise for seniors, consistency is more important than intensity,"

Put some
SPRING into
your step!
Spring Edition

explains Montgomery. Researchers have found that you don't have to engage in strenuous exercises to gain health benefits. "Moderate exercise, such as walking five or more days a week, can lead to substantial health benefits. Even brief amounts of physical activity, say 10 minutes at a time, can be beneficial."



I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

"Research shows that improving strength and overall fitness can help decrease risk of falls. In addition, regular physical activity can lead to improved flexibility, strength, balance and agility....all areas of health that diminish as we age."

Kurt Chapman, PT, DPT, CSCS
Owner - Sport & Spine Physical Therapy



Prism Health Care Services offers a wide variety of walkers, canes and wheelchairs in order to safely assist with mobility!

FOR MORE INFORMATION



<https://www.prismhc.com/>

<https://www.facebook.com/prismhealthcare/>

Prism Health Care Services, Inc.
1337 Basswood Road
Schaumburg, IL. 60173

Phone: 800-493-7200

Community Outreach

Growing old is inevitable, growing up is optional.
(ANON)



FAST FACTS

25%

Regular exercise by older adults may speed up the wound-healing process by as much as 25 percent.

40%

40 percent of people between the ages of 45 and 64 live sedentary lifestyles.

UPCOMING EVENTS

CPAP Clinic

June 11, 2016

10:00 am – 1:00 pm

Our Respiratory Therapists will be available to provide mask fittings and pressure checks (if appropriate).

Bring in your current prescription if available!

