

Physical activity can help seniors remain independent longer

You've probably heard many people, ranging from beloved talk show hosts to respected medical professionals, express the sentiment that age is "only a state of mind." While there may be some truth to that concept, we all know that the ever-increasing numbers eventually lead to declines in physical, and sometimes mental, capabilities. Although none of us can dial back the years, we may be able to impact how our bodies and minds respond to them. And the end result may be living independently for longer.



According to a report from the Centers for Disease Control and Prevention (CDC), physical activity, even in moderate amounts, can provide myriad benefits for older adults. Those benefits include:

- Reduced risk of falling and fracturing bones, thus prolonging the ability to live independently
- Reduced risk of dying from coronary heart disease
- Lower risk of developing high blood pressure, colon cancer, and diabetes
- Improved stamina and muscle strength
- Fewer symptoms of anxiety and depression
- Improved mood and feelings of well-being
- More easily maintain healthy bones, muscles, and joints
- Better control of joint swelling and pain associated with arthritis

Unfortunately, the CDC also reports that only 39% of adults age 65 and older get the recommended amount of weekly physical activity (30 or minutes of moderate intensity activity 5 days per week, or 20 minutes of vigorous intensity activity 3 days per week). To ensure that you or your loved ones stay physically active and prolong your independence, it's important to find opportunities for exercise.

Our [senior living community](#), on a 168-acre paradise in northeast Kansas, offers a multitude of options for physical activity, including outdoor walking paths. In addition, we have several types of indoor fitness and stretching classes each week, so residents can always work on improving their fitness levels and enjoying the benefits of regular physical activity.

To learn more about getting and staying physically fit at [Aldersgate Village in Topeka, Kansas](#), check out this short sample of our [chair exercises](#) and our [senior fitness classes](#). And to learn more or to schedule a tour, call us at 785-478-9440.