



Bay Area Residential Care Inc. 415600089
Serving Burlingame elderly community & local hospitals

Healthy Aging

10 Commandments for a Healthy Aging

Step One: Stay Active:

Edict No. 1 Move It or Loose It

Routine activities in the form of exercise or even continuation of regular activities of daily living will be very helpful in providing a healthy aging for the senior citizens.

Physical activity statistics:

- 2/3 of adults are obese or overweight. 1/3 of older adults are inactive.
- 1/3 of men and 1/2 women over 75 years old do not meet minimal

physical activity recommendations for health promotion and maintenance.

- Older women are less active than older men.
- African American older adults are less active than white older adults.
- At least 25% of over 65 years old population are affected by heart disease and stroke.
- Over 60% of adults are obese or overweight.

Facts:

- Regular physical activities sustain the ability of older adults to live independently.
- Physical activity is effective in treating heart disease, high blood pressure, high cholesterol, chronic lung disease, diabetes, osteoporosis, obesity, overweight, and arthritis. The list can go on and on.
- Regular physical activity can improve the mobility and functioning of frail and very old adults.



ENCOURAGE AT LEAST 30 MINUTES OF MODERATE PHYSICAL ACTIVITY, MOST OF DAYS OF WEEK.

EVEN MODERATE ACTIVITY: STRENGTH, BALANCING, FLEXIBILITY, AND ENDURANCE CAN IMPROVE AT ANY AGE.

Moderate physical activity is activity that causes light to moderate sweating and may make your breathing a little harder. This includes activities such as brisk walking, or carrying a light load.

Main issues with the physical activities for the aging people are as follow:

- How to exercise safely.
- How to stay motivated. And
- How to develop a beneficial exercise plan.

The answer to the above questions, is the following:

1. Appraise the physical activities that currently, you have and feel safe and comfortable with.
2. Increase the amount of your activities by only 10% per week.
3. The most common activity that any person has is walking.

FOODS GIVE YOU CALORIE, ACTIVITY USES IT; EVEN MODEST INCREASES IN ACTIVITY HELPS:

30 minutes of activity on most days of the week can help controlling the overweight problem and promotes a healthy aging.

Under weight can cause fatigue, lower your resistance to illnesses, and even reduce your appetite.