



60+ Getting Better! Your MAPP to a Healthier Life

? Riddle: What's FREE, easy to take, has immediate health benefits and you don't need to take pill?

Answer: EXERCISE - It's the miracle cure that we have always had. Whatever your age, there is scientific evidence that being physically active can help you lead a healthier and even happier life.

Studies have found that regular physical activity can improve balance, mobility and cardiovascular health.

Which can help reduce:

- ⇒ Loss of muscle tone
- ⇒ Risk of falling
- ⇒ Odds of dependent living

Regular physical activity:

- ⇒ Improves mood (helps with depression)
- ⇒ Promotes healthy sleep
- ⇒ Lessens the impact of chronic conditions (i.e. diabetes, heart disease, stroke, osteoporosis & alzheimer's)

For those with Limited Mobility

Figure out which activities make you the happiest, make a list and let the good times roll.

Step It Up - Take a break from sitting. Prolonged sitting slows metabolism which affects the body's ability to regulate blood sugar, blood pressure and break down body fat.

Swimming / Water Aerobics - Helps those with arthritis by improving the use of affected joints and decreases pain from osteoarthritis.

Yoga / Pilates - To strengthen and lengthen all the major muscle groups. To say nothing about improving your core!

Chair workouts - Try leg lifts, chair boxing, lifting weights or using resistance bands.



A study reported that walking regularly (3 times or more a week for 1/2 hour or more) saves \$330 a year in health care costs. *

* SOURCE: Why Walk Fun Facts, 12/2012

Discount Corner



Work out for FREE !

Silver Sneakers is the nation's leading exercise program for active older adults.

If you are part of the Medicare Health Plan, you may already have a FREE membership.

Participating fitness centers:

- Snap Fitness
- Anytime Fitness
- Fitness 19
- First Congregational Church of Huntley

Check with your local health club, rec center, senior center, park district, and village hall for classes and/or discounted rates.

*Status may change at any time.



With hundreds of non-profit and social agencies within McHenry County...one phone call can help you find the information you need.

It's FREE.

Information includes:

- Rent and utility information
- Affordable housing
- Health services
- Financial counseling
- Community services
- Fitness Centers

