



Getting Older? Stay Fit!

Enjoy a Better Life, Longer!

Exercising at Home

Weeneebayko Area Health Authority (WAHA) has engaged **fitness and nutrition professional, Julia Valencia**, to develop a series of exercises that can help elders stay fit longer. Working with local elders, Julia has recorded these exercises so elders can learn how to stay fit.



Exercise and strength training can help you:

- Look and feel younger and stay active longer
- Maintain the ability to do things on your own
- Reduce hospitalizations, doctor visits, and use of medicines
- Improve balance, reducing risk of falling
- Build strength and stamina
- Improve blood pressure, lower weight, and reduce levels of bad cholesterol

How can I get started?

- Talk to your doctor or nurse practitioner before starting the exercise program
- To find out how to get a free copy of the **Stay Strong, Live Long Exercise DVD** call our Quality Department at (705) 658-4544 ext. 2332. You can also visit the Aging at Home menu on our website www.weeneebaykohealth.ca for more information.
- For more information on programs and services within the region please get a copy of our **Community and Regional Services Guide**, available on WAHA's website.

Still not sure exercise can help you? Here are a few things to think about.

- You're never too old to exercise! Start with light walking and other gentle activities
- Physically active elders may be better able to avoid depression and even Alzheimer's
- Regular exercise strengthens bones, reducing risk of fractures, even using light weights
- People with mobility issues face special challenges, but there are still many ways they can get exercise

North East **LHIN**
RLISS du Nord-Est

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Weeneebayko Area Health Authority

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