

## 10 REASONS TO BE ACTIVE.....

1. Activity can slow down the aging process.
2. You or the person you care for may live independently longer.
3. It will help prevent falls.
4. Activity helps prevent and manage illness.
5. Activity helps you feel better.
6. Memory may improve.
7. Arthritis may be more manageable.
8. It will be easier to stay at a healthy weight.
9. Your help care provider can help.
10. It is never too late to get active.

\*Even just a little exercise can make a big difference in how you feel. More energy, stronger bones, better memory and keeping weight off are just a few of the benefits of physical activity. It's never too late to be active!

\*Taken from "Physical Activity and Older Adults", written by Cathy Dakkuri @2010 Journeyworks Publishing.