

Staying Active is the True Medicine

Contributed by the
YMCA of Okanagan

Staying active is one of the best things you can do to combat the effects of aging. While aging is inevitable, its impacts can be alleviated with a healthy diet, active lifestyle and opportunities for social interaction.

Adopting healthy habits can help reduce pain from arthritis, improve mood and energy levels, as well as prevent and manage chronic diseases like high blood pressure and diabetes. Following are just a few of the many benefits of an active, healthy lifestyle for seniors:

Physical benefits

The most obvious physical benefits include weight management, reduced pain and improvement to one's immune system, sleep quality and vitality. Most importantly, regular exercise is proven to prevent chronic disease such as cancer, heart disease and much more.

Mental benefits

Physical activity is proven to fight depression, stress and anxiety. It also fights cognitive decay which can delay dementia and memory loss. Increases in mood, motivation and alertness are additional positive side effects of exercise.

Social benefits

Many seniors find friends and a sense of community through activity groups and recreation centres. As emotional health and self-esteem improves, so does social relations. Physically active seniors are more confident to reach out and take the first step toward establishing new friendships and developing a support network.

In order to remain healthy in all ways – emotionally, mentally and physically — the YMCA of Okanagan recommends people to seek out programs and activities which encourage them to get out of the house regularly.

As a charity devoted to the health and wellbeing of all ages, the Y offers a supportive, caring community with programs for older adults who are looking to get into healthier routines, including Healthy Hearts, Healthy Hips and Knees, Breathe Well, (for COPD), Aqua Fitness, and free Mingle Monday get-togethers. The Y also offers free seniors health assessments a few times throughout the year. Learn more at ymcaokanagan.ca.



We're here for you.

Mingle Mondays
Personal coaching
Breathe Well
Healthy Hearts
Healthy Hips and Knees
Senior Health Assessments
Low-impact fitness options
Aquatic fitness classes



ymcaokanagan.ca

To learn more or join please give us a call at **250-491-9622**.

Locations include:

Kelowna Family YMCA
375 Hartman Road

H₂O Adventure + Fitness Centre
4075 Gordon Drive

Kelowna Downtown Y
1011-505 Doyle Ave

Financial assistance is always available to those in need.

Charity # 11924 0224 RR001