

## Tips for seniors to lead a healthier lifestyle

The tips below can help seniors feel safer, more energized, and connected.

### Safety proof your home

Start by reviewing your home for common tripping or falling hazards by removing:

- Telephone cords from walkways and stow safely behind furniture.
- Throw rugs or securing them using double sided tape. Loose bathmats and replacing with non-slip bathmat.

### Keep moving and feel better

Be cautious and consult with a physician if you haven't exercised in a while. Here's how to start slowly:

- Incorporate some exercise every day even if it is only a couple of minutes to start.
- Walk the hallways of your building or home if you are not comfortable walking outside.
- Contact the Interior Health Lifeline Lifeline program for a free copy of **Stay Fit and help reduce the risk of falls** which includes exercises from sitting and standing position.

### Exercise your brain

Keep sharp with these entertaining activities:

- Work on a jigsaw puzzle, crossword, or Sudoku for a great brain workout.
- Tap into your creative side with adult colouring books, painting/sketching, or writing.

### Eat properly and make food fun again

A well balanced diet is key but our needs change as we age:

- Select foods rich in vitamin B: including red meat, pork, leafy green vegetables, whole-grain cereals, peas, lentils, and eggs.
- Ask your doctor if you may need a multi-vitamin or specific vitamin supplements.

### Prepare for the unexpected

A fall or medical emergency could happen at any time:

- Ask: If I were to fall, how would I get help if I couldn't reach the phone?
- A medical alarm is a great option if you spend time alone; manage a chronic condition; live independently and want to feel more confident.

Sources: <https://www.lifeline.ca/en/resources/tools-tips-for-seniors-safety/>

**Falls can happen at any time.**

**AutoAlert** can automatically detect a fall and call for help!

### Call Today :

**Central Okanagan – 250 762 0200**

**South Okanagan – 250 770 3531**

**North Okanagan – 250 558 1334**

Mention **code 588** and receive a **FREE INSTALLATION<sup>2</sup>**



[1] Equipment may not detect all falls. [2] Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. **Offer Expires February 2023.**