



Exercise and Physical Activity

Research has identified long-term consequences of lifestyle choices we make can affect our health and function as we get older. Choices such as: improving our diet and levels of physical activity, getting health screenings and managing risk factors for disease may all influence different areas of health and well-being as we age.

It is important to talk honestly with your doctor about your diet and what changes you might make to improve your health. Exercise may even be an effective treatment for certain chronic conditions. People with arthritis, high blood pressure, or diabetes can benefit from regular exercise. Evidence now suggests that people who begin exercise training later in life also experience improved heart function, lung function and even reduce fatigue.

Eating well and engaging in your favorite activities can benefit you in the long run. Pass up that extra dessert and get up and move!

From **Golden Harbor**