

It's Not Ageing, It's Living:

Embracing Exercise as We Age



Advertorial Content

Exercise isn't just for the young; it's a lifelong journey that grows more significant with each passing year. And it's never too late to start, and even small steps can yield remarkable benefits as we get older.

Yes, health conditions like diabetes and heart disease might lurk in our family histories, but here's the empowering truth: our health is largely within our control.

Consider cardiovascular disease - one of Australia's leading health concerns, claiming a life every 12 minutes. As we age, our risk increases, contributing to a quarter of the disease burden for those over 65. But here's where exercise shines: it positively influences every risk factor, from blood pressure and cholesterol to stress, and reduces the chance of cognitive decline.

Regular exercise isn't just about staving off illness and old age - it is also about enjoyment and living life to the fullest. It helps maintain muscle mass, crucial for independence and mobility,

while also combating depression and boosting cognitive function. And let's not forget the social aspect - group activities and sports knit us into a supportive community, combating loneliness.

And then there are falls, a common fear as we age. But with the right exercises like daily walks, strength training, Tai Chi - as we age, we build resilience, reducing the risk of falls, fractures and maintaining our freedom and independence. This allows us to live safely and confidently at home for longer.

So, what can you do? Start with small steps - maybe a local Tai Chi or light exercise class at a nearby park or community centre or perhaps a social walking group to blend activity with companionship. And don't hesitate to seek advice. Consult an Exercise Physiologist for personalised guidance and to help you set up a regular exercise routine.

Make it enjoyable! Choose activities that bring you joy and involve others

for added motivation and accountability. Remember, it's not about aging; it's about living vibrantly.

Setting realistic goals and celebrating progress along the way can also boost motivation and make exercise feel more fulfilling. By embracing a diverse range of activities, fostering social connections, and maintaining a positive mindset, exercise can remain an enjoyable and integral part of life as we age.

And if you're considering a Home Care Package to remain independent at home and help with some of these costs and activities, aged care provider Your Side is here to support you. **Reach out at 1300 134 332 or hcpreferences@yourside.org.au.**

Embrace the journey of aging one step at a time. After all, with exercise, every step is a celebration of life.

Age Confidently at *Home*

- ✓ **Affordable fees** with more hours of care
- ✓ **One** contact person
- ✓ **Choice** in home care services

Contact our Home Care Package team today:

☎ 1300 134 332

✉ hcpreferences@yourside.org.au

Your Side

yourside.org.au

