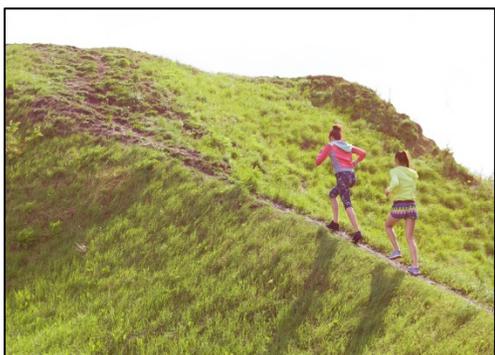


Staying Active



Regular exercise is one of the most important things you can do for your health. It can prevent many health problems that can come with age. It also helps your muscles grow stronger so you can stay independent.

It's easy to become less active in the fall and winter. But there are many simple ways to get the exercise you need no matter the weather.



- ♥ **Fall's cooler temperatures make it a perfect time for walks around the neighborhood or hike around a local park.** Perhaps you or a family member has a dog that would enjoy walking with you. Even raking those pesky leaves is an exercise opportunity.
- ♥ **During the chilly months of winter, walking an extra lap around the grocery store will keep you active and out of the cold.** Ask a friend to join you. Exercise partners can keep you motivated. Perhaps the two of you will enjoy a stroll around a local mall – it's also a great way to stay social.
- ♥ **There are even things you can do in the comfort of your home.** Climb up and down your stairs a few times or turn on some music and dance. Just remember to drink water when exercising, even in cooler temperatures.
- ♥ **No matter your fitness level, some physical activity is better than none at all.** So don't let a little cold weather get in the way of your health.



Talk to your doctor before adding more physical activity to your normal routine especially if you have any health conditions. And if you don't feel well at any point during exercise, take a break and talk to your doctor.

For more information on PrimeCare, call our toll-free number or visit our website:

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