



Stay Healthy, Fit and Connected at Every Age

Connect. Create. Contribute. Those are the themes being celebrated throughout the month of May in recognition of Older Americans Month. The Administration for Community Living leads the national celebration, encouraging seniors and their communities to:

- connect with friends, families and services that support participation
- create by engaging in activities that promote learning, health and personal enrichment
- contribute time, talent and life experience to benefit others¹

Celebrating and involving people of all ages, young and old, in our lives and neighborhoods creates more diverse, interesting and fulfilling communities for all of us. But social interaction in the community can also deliver individual health and wellness benefits, especially for older adults. Some research indicates that grandparents who care for their grandchildren often are more active, eat healthier and are more likely to reduce or stop smoking.²

For many people, getting older often leads to more time spent alone. After retirement, being around other people takes more effort. But it's an effort worth making. According to the National Institute on Aging³, seniors who live an active lifestyle may:

- be less likely to develop certain chronic diseases
- have a longer lifespan
- be happier and have reduced risk for depression
- be better equipped to deal with stress, depression and loss
- have better memory, comprehension, creativity and problem-solving skills

For these reasons and more, it's important to find opportunities to get out and stay active. Staying healthy in mind, body and spirit requires both social and physical activity, as well as good lifestyle choices. Volunteering, joining community clubs, playing on a sports team, golfing, visiting with friends and family, taking organized trips and visiting museums are just a few ways to stay active and connected.

You can also combine physical and social activity by using your SilverSneakers[®] benefit, provided by Care N' Care at no additional cost. SilverSneakers is the leading fitness program for seniors because it works – 88 percent of SilverSneakers participants said the program improved their quality of life, and 58 percent reported making new and valuable friendships.⁴ The SilverSneakers community is warm and welcoming, and members can exercise and socialize with people like them. Visit [SilverSneakers.com](https://www.silversneakers.com) for more information and to get started.

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In addition to May being Older Americans Month, May 29 is National Senior Health & Fitness Day[®]. That gives you another reason to celebrate YOU this month. It's never too late to start experiencing the benefits of a healthy and active lifestyle!

Always talk with your doctor before starting an exercise program.

Sources:

1. <https://acl.gov/news-and-events/announcements/older-americans-month-2019-theme>
2. <https://www.nia.nih.gov/about/living-long-well-21st-century-strategic-directions-research-aging/research-suggests-positive>
3. <https://www.nia.nih.gov/health/participating-activities-you-enjoy>
4. 2017 SilverSneakers Annual Participant Survey

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