



Age Old Wisdom

PHYSICAL ACTIVITY COMES IN MANY FORMS

By now, just about everyone knows that exercise confers a number of physical and psychological health benefits. So, where does that leave those who do not necessarily feel comfortable or happy about joining a gym or playing golf? As it turns out, seniors can derive a great deal of benefit from engaging in non-exercise physical activity (NEPA). This means that anyone with difficulty doing traditional exercise may want to think about engaging in any number of activities that get them moving. Whether it is doing laundry, washing the car, or gardening, an activity that involves energy expenditure through physical movement qualifies. Seniors can start by doing 30 minutes of NEPA per day. Any physical activity is better than none.

Staying active and involved at Deutsches Altenheim is an important part of the health and well being of our residents. Our activities calendar offers a variety of recreational activities to help keep our residents mentally, physically, and spiritually active, no matter what their level of mobility. To learn more, and to tour our conveniently located senior community, please call us today.