

Seniors... **STAY ACTIVE!**

Activity is a key ingredient in nourishing the mind, body, and soul. It helps keep you in good physical health and maintain emotional and cognitive needs. Many seniors are finding this to be a challenge while confined at home. You may not be able to go to the gym or participate in fitness programs at the moment, but there are many other options, no matter your ability.



PLAY MUSIC that gets your toes tapping, hands clapping and body moving, whether you want to dance in a chair or “shake your groove thing.”



TAKE A WALK inside your home. Visit each room and see what projects may need to be done that you’ve been putting off. Set a timer to remind yourself to get up and move every hour.



On a nice sunny day **GET OUTSIDE** for fresh air, take a short walk near home (but remember to practice social distancing), or do some stretches from your chair on the patio.



Read a book, tackle a crossword or word search or **FINISH A PUZZLE**



Find a friend, someone you can walk with at a safe distance or check in with to ensure you’re both keeping your commitment to **BE ACTIVE**

Many options for exercise, meditation and other educational programs are available online. Try one of our online fitness class sessions by clicking here.

Whatever you choose to do, be sure it gets the juices flowing, the body moving, and the soul uplifted.

YOU WILL FEEL BETTER AND BE STRONGER FOR IT!



Office on Aging

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