

Let's look at a typical week for someone like you who is physically active...

Add it up - 30 to 60 minutes a day built right into your routine

Sunday	Stretching	Meet bird-watching group for the afternoon	Walk to a friend's house and back after dinner (10 minutes each way)
Monday	Take the linen off the beds and wash, re-make the beds	Aqua fitness class at community centre (45 minutes)	Walk with a friend after supper (15 minutes)
Tuesday	Clean some shelves in the kitchen	Walk to the park in summer, in the mall in winter (30 minutes) Wash the kitchen floor, or wash and wax the car	Lift some weights or soup cans to strengthen arms
Wednesday	"Stretch and hold" exercises	Go to the store and carry home the groceries (30 minutes) Work in the yard	Walk after supper with grandchildren and their dog
Thursday	Stretching	Walk to the doctor's office or some other appointment (20 minutes)	Folk dance class at community centre (30 minutes)
Friday	"Stretch and hold" exercises	Go to the mall and take stairs instead of elevator - meet friends for lunch	Lift some weights while watching TV - focus on arms Work in yard
Saturday	Try a yoga program on TV	Go to the store and carry home groceries (30 minutes) Vacuum (10 minutes)	Lift some weights while watching TV - focus on legs

Older Adult Physical Activity Programs Kentville Area 2009-10



Be physically active every day.

Start where you can and gradually build up.

Every little bit counts.

Add it up! Add up a variety of activities each day in order to reach your goals.

Sponsored by Valley Senior Fitness Network.
A partnership of :



For more information or changes/updates contact Wendy Lee Hamilton 542-0939 or wHamilton@avdha.nshealth.ca.
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Older Adult Physical Activity Programs—Kentville area.

To confirm accurate programs contact your local recreation department.

You're never too old to increase your level of physical activity

Most people say they gain strength, endurance and flexibility by becoming more active - including those in their nineties. Almost immediately, many people notice they feel better and getting around is easier.

Consider:

- ✦ The more you move, the better you feel.
- ✦ More active older adults have the function and fitness of those much younger.
- ✦ More active people prolong their independence.
- ✦ Everyone can benefit from increased physical activity
- ✦ People with physical limitations and chronic conditions can also benefit by becoming more active.

Increasing your level of physical activity as much as you are able

can help offset many of the negative effects of certain diseases and disabling conditions.



Kentville

Curling, Glooscap Curling Club, 678-4637.

Hydrotherapy class, Friday 1:00-2:00pm, pre-assessment required. Contact Heather or Renee at 538-9700.

Kentville Recreation programs, 679-2540 or 679-2556:

- Fun and Friends Fitness, Monday, Wednesday, Friday 10:00-11:00am, Instructor Suzi Fevens.
- Fitness, Monday and Wednesday 10:00-11:00am and Friday 11:00-noon, Instructor Chris Seymour.
- Indoor walking at soccer facility, Monday, Wednesday, Friday 10:00-11:00am, free.

Middle Eastern Dance at NSCC Kingstec Campus, call Lorraine Mockford for details, 678-7341.

Personal trainer Sherry Swanburg, 678-5599 or 670-0364.

Pilates, Yoga and Ballet, Instructor Gaea Jess, 679-3616.

Silver Sneakers, contact Susan Chalmers, 678-4447.



Skate, Centennial Arena, Tuesday and Thursday 9:30-10:30am, 679-2542.

Swim, Wandlyn Motel, pool pass, 678-8311.

Tai Chi, Monday and Tuesday evenings and Thursday afternoon, Instructor Mary Ann Sulis 678-4609.

Healthy Links:

The Canadian Centre for Activity and Aging
www.uwo.ca/actage

Active Living Coalition for Older Adults
www.alcoa.ca

Canadian Association of Fifty Plus
www.carp.ca

The Canadian Physical Activity Guide for Older Adults
www.phac-aspc.gc.ca/pau-uap/paguide/older

Canada's Food Guide
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Nova Scotia Department of Seniors
www.gov.ns.ca/seniors