

Active Aging is Possible at Any Point in Life!



Embracing active aging is a possibility at any stage of life! Even making small changes to your lifestyle can lead to a longer and healthier life. While genetics and other uncontrollable factors play a role, there are steps you can take to stay motivated and initiate a healthy, active lifestyle regardless of your age.



Adding More Movement

Incorporating additional movement into your daily routine can have remarkable effects. Regular movement can enhance your mobility as you age and even alleviate some of those discomforts. Increasing movement doesn't mean you need to engage in intense exercise every day. Here are some simple ways to introduce more movement into your day:

- Park further away when running errands
- Try gardening or other outdoor activities
- Enjoy an outdoor walk
- Set reminders to get moving
- Try stretching in the morning or before bed
- Take the stairs
- Pack a picnic and meet a friend at the park

Evaluating Your Diet

Active aging also involves remaining mindful of the health choices you make daily. As we grow older, many of us realize that we can't eat like we used to. Nonetheless, it's never too late to adjust your eating habits to boost your well-being. Changing your diet can help you maintain a healthy weight, sustain your energy levels, and get the necessary nutrients. As you grow older, your metabolism tends to slow down, emphasizing the significance of choosing foods that offer the best nutritional value.

Continued on page 2



Call 540-486-2956 or visit: www.thevillageatorchardridge.org

The Village at Orchard Ridge is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.

Exercising Your Brain

While physical movement is crucial, the cognitive aspect of active aging holds equal significance. Consistently challenging your brain can enhance cognition, memory, mood, and overall wellness. These brain-stimulating activities can be straightforward, such as:

- Strategy games
- Puzzles
- Relaxing activities (baking, listening to music, etc.)
- Card games with friends
- Trying something new
- Building your vocabulary
- Drawing or painting

Contact our team today for a personal tour to learn more about how residents in our community embrace an active aging lifestyle.



Call 540-486-2956 or visit: www.thevillageatorchardridge.org

The Village at Orchard Ridge is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.