

# HEALTH AND WELLNESS AT CHARTwell

Staying active and eating well are two healthy habits essential to a rewarding retirement lifestyle. They can help keep your mind sharp and your body strong so you can enjoy your life to the fullest, focusing on the people and pursuits that are most important to you.

## SOMETHING TO THINK ABOUT

Regular exercise has been shown to **reverse the deterioration of muscles that is caused by aging.**



### DID YOU KNOW?

The Public Health Agency of Canada recommends that adults 65 and older participate in at least 2.5 hours of moderate- to vigorous- intensity **aerobic activity** each week, along with **strength training exercises** twice a week.

### WAYS TO GET MOVING

The key to regularly exercising is finding an activity you love! **Here are some low-impact suggestions:**



Weight lifting



Gardening



Walking



Dancing



Stretching



Chair yoga



Swimming



Water aerobics

## THE BENEFITS OF ACTIVE LIVING

Regular physical activity can help you **support your mobility, maintain a healthy weight, manage stress and sleep better.** It can also ward off a variety of diseases and illnesses.



25 minutes of exercise three days a week can boost muscle mass.



Regular moderate to intense exercise can slow brain aging by 10 years.



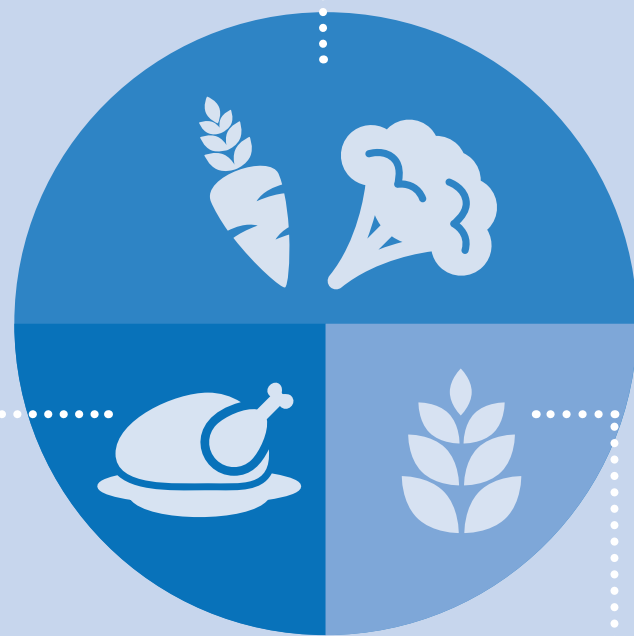
Heart disease, diabetes, arthritis and high blood pressure can all be prevented and managed through frequent exercise.

## WHAT EATING RIGHT LOOKS LIKE

Exercise is only one half of the equation – **to stay healthy, it's also important to eat right.** While you may require less calories per day as you age, you still need to get in your daily value of nutrients. Follow this guide when preparing your plate:

**50%**

Fruits and vegetables.



**25%**

Protein-rich foods like dairy products, eggs, fish or chicken.

**25%**

Grains like whole grain pasta or brown rice.

### QUICK TIP:

Unsaturated fats like olive or canola oil are also an important part of your diet, as they can lower cholesterol levels and help prevent heart disease. Try to sneak 2-3 tablespoons into your daily menu for maximum results!



**CHARTwell**  
retirement residences

Visit [www.chartwell.com](http://www.chartwell.com) to learn more about life as a Chartwell resident. This may not be reflective of every Chartwell residence. Visit property specific web pages or call our contact centre at 1-855-461-0685 for more information on what is offered.

#### Sources:

[www.dietitians.ca/Downloads/Public/Senior-Friendly-collection.aspx](http://www.dietitians.ca/Downloads/Public/Senior-Friendly-collection.aspx)  
[www.eatrightontario.ca/en/Articles/Seniors-nutrition/A-Guide-to-Healthy-Eating-for-Older-Adults.aspx#.V5ZDILiAOko](http://www.eatrightontario.ca/en/Articles/Seniors-nutrition/A-Guide-to-Healthy-Eating-for-Older-Adults.aspx#.V5ZDILiAOko)  
[www.healthlinkbc.ca/pdf/HEFS\\_english.pdf](http://www.healthlinkbc.ca/pdf/HEFS_english.pdf)  
[nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html](http://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html)  
[fitness.mercola.com/sites/fitness/archive/2016/07/08/how-exercise-improves-memory.aspx](http://fitness.mercola.com/sites/fitness/archive/2016/07/08/how-exercise-improves-memory.aspx)  
[www.cdc.gov/nccdphp/sgr/olderad.htm](http://www.cdc.gov/nccdphp/sgr/olderad.htm)  
[blog.chartwell.com/health-and-wellness-for-seniors/4-exercises-seniors-can-do-in-the-great-outdoors/](http://blog.chartwell.com/health-and-wellness-for-seniors/4-exercises-seniors-can-do-in-the-great-outdoors/)  
[blog.chartwell.com/health-and-wellness-for-seniors/wellness-tips-for-seniors/](http://blog.chartwell.com/health-and-wellness-for-seniors/wellness-tips-for-seniors/)  
[blog.chartwell.com/health-and-wellness-for-seniors/new-research-shows-regular-exercise-can-help-repair-muscles/](http://blog.chartwell.com/health-and-wellness-for-seniors/new-research-shows-regular-exercise-can-help-repair-muscles/)