

The Benefits of Regular Physical Activity

There are a number of benefits to regular physical activity.

These include:

- Continued Independent Living
- Better Physical and Mental Health
- Improved Quality of Life
- More Energy
- Move with Fewer Aches and Pains
- Better Posture and Balance
- Improved Self-Esteem
- Weight Maintenance
- Stronger Muscles and Bones
- Relaxation and Reduced Stress

Being Active also reduces the risk of:

- Heart Disease
- Falls and Injuries
- Obesity
- High Blood Pressure
- Adult-onset Diabetes
- Osteoporosis
- Stroke
- Depression
- Colon Cancer
- Premature Death



Charleswood Senior Centre

Charleswood Senior Centre Inc. 5006

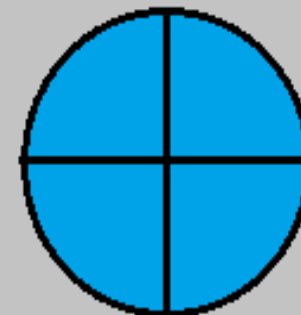
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<http://www.oacao.org/images/Handbook%20Physical%20Activity%20Guide%20of%20Older%20Adults.pdf>

Open the Door to the



Charleswood Home Exercise Program

“CHEX”

Charleswood Home Exercise Program "CHEX"

Are you like many of us who don't like to exercise at the gym? Or do you want to choose when you exercise? Or do you want to exercise alone in your own way?



We have the answer for you. In cooperation with Winnipeg *in motion*, the Charleswood Senior Centre offers a new home exercise program for all levels of ability and lets people proceed at their own pace.



The Charleswood Senior Centre Home Exercise (CHEX) program features an introduction, your own DVD of stretching and cardio exercises and support through several weeks. You exercise at home when you wish, hopefully at least three times a week. Your instructor helps you choose the exercises and shows you how to do them properly for the most benefit.



If you are interested or know a friend who is, call the Centre at 897-5263 for more information. Better yet, find a buddy and start exercising together!

Here's what our participants have to say about CHEX:

CHEX Testimonials:

"It's like having a trainer in your home every day."

CHEX is a good fit for care givers who are too busy to leave home."

We really like to dialog with the qualified instructor at the group sessions."

CHEX showed me how to do the exercises I want and do them correctly every day."

"It motivates me to exercise more often."

