

MOVE IT OR LOSE IT!

Getting up out of your chair not only helps make you more physically fit, it can also clear the cobwebs in your head. To put this bit of advice in medical terms, regular exercise may halt seniors' cognitive decline. According to recent research, simply by walking 20 to 30 minutes per day, seniors can stem mental decline. The seven-year study, which followed more than 3,000 men and women aged 70 to 79 years, showed that daily walkers experienced significantly less mental decline than sedentary types of the same age. Just as significantly, the study showed that intermittent exercise was also very beneficial, which is good news for those who find it necessary to interrupt their exercise routine on occasion.

Exercise is vital to a healthy lifestyle because it tones and strengthens muscles, strengthens the heart, burns excess calories, and also helps cognitive function. Serving older adults in the Quaker tradition, Barclay Friends provides seniors with the highest professional and humanitarian standards of care. As specialists in rehabilitation, we offer physical, occupational, and speech therapy. We are proud that Kanchan Jindal, RN, has successfully completed all requirements for certification by the National Alliance of Wound Care (NAWC). Please call us at 610-696-5211 to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. The importance of the study mentioned above rests with the fact that seniors need not necessarily go to the gym to get the physical and mental benefits of exercise.