

# Redefining Active



Presentation courtesy of  
International Council on Active Aging



**Nurse Next Door™**  
home care services



## Social Benefits of Exercise



# Introduction

Hello, I am Vicky McGrath, co-owner of Nurse Next Door Home Care Services based in Newmarket, Aurora, Stouffville and area.

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# Socializing is Key

There are many keys to active aging.

If there is one thing that makes all of the keys more effective, it's socialization.

No matter what you're doing, doing it with others is good for your health and wellbeing.

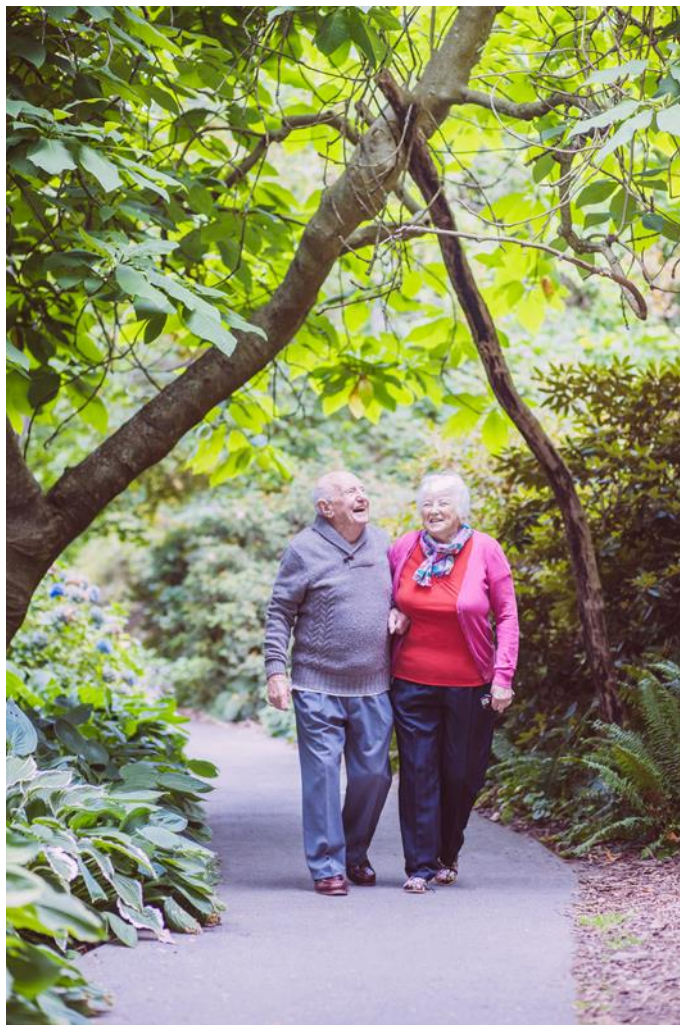




# Belonging

Our need to belong is what drives us to seek out relationships with other people. It also motivates us to participate in social activities such as clubs, sports teams, religious groups, and community organizations.

Along with the many health benefits, staying socially active can give seniors a sense of belonging and make them feel more connected to the world. Participating in group activities and conversations allows seniors to create a support system as they age.



# Purpose

Being active throughout the years can help you stay physically, emotionally and socially engaged and give life purpose.

Having a friend or group counting on you to participate with them also means you will be more likely to show up than if you were to participate on your own.



# Exercise as Preventative Medicine

Studies show that exercise can in some cases be a better tool than medication to fight chronic health issues.





# Better Brain Health

Research highlights a notable link between brain health and positive relationships.

Positive relationships are linked to the reduced risk of cognitive decline, mild cognitive impairment and dementia.



# Group Support

You don't have to join a gym or have a membership to enjoy the social benefits of exercise. Find others with the same interests and join them.

Knowing someone is there to support you can give you the confidence to try something new or something you may not otherwise do, perhaps due to fear.

# A Fun Experiment

Ex



1. Think (to yourself) about an activity you enjoy or used to enjoy earlier in life.



2. Jot down 2-3 points about the activity you enjoyed and why you enjoyed it.



3. Turn to your neighbour(s) and take turns sharing about the activities you each enjoy.



4. Did you feel happier thinking about your activity privately or talking about it with your neighbour? Did you learn something new about your neighbour?



### Conclusion:

By joining others in activity, you can exercise a healthy body and mind to combat the symptoms of aging.

Being active together is more motivating and fun – and you're able to reap the benefits of exercising while spending time with others.



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## Thank you!



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