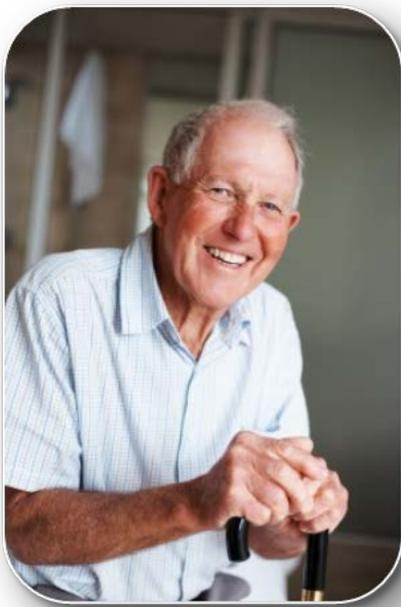


## Exercise Benefits for the Fragile

It is often common to think of senior citizens as being fragile and frail. In some cases, this is not a misconception, but, for those seniors who remain active, fragility would be far from an accurate description. It is evident that age brings with it an increased number of falls, hospitalizations, cognitive decline and psychological distress. But, for the most part, there are preventative steps that can be taken to alleviate these symptoms. Live 2 B Healthy® strives to alleviate many of the common issues surrounding aging by centering our exercise focus on building balance and strength.



Now more than ever seniors need exercise. Seniors at any age are completely competent and able to participate in exercise programs and study after study has proven how beneficial it is for their overall wellness.

*“Exercise training can protect against a number of chronic diseases of old age. More important, it maximizes residual function. In some instances, biological age is reduced by as much as 20 years. Life expectancy is increased, partial and total disability is delayed, and there are major gains in quality adjusted life expectancy. Exercise is a very important component of healthy living for senior citizens.”*

~ Dr. Roy J. Shephard, M.D., Ph.D.

<p>Live 2 B Healthy®                  Documented physical results after just 3 months!                  Golden Hearts Retirement Community                  Average age: 95 years</p>	
One-Leg Balance	+253%
Upper Body	+ 36%
Lower Body	+ 35%
Cardiovascular	+ 23%

Many believe that exercise is unsafe for elders, but study after study has proved that exercise benefits seniors at every age. It improves their physical capacity by increasing their strength, balance, flexibility and mobility. Throughout the year, Live 2 B Healthy® conducts testing that solidifies these studies. Exercise is also known to enhance emotional capacity; it improves mood, decreases anxiety & depression, and improves cognitive function. Seniors who are active in exercise groups are challenging the stereotypes associated with elder capabilities, and are enhancing their lives in the long run.

Call your local Live 2 B Healthy® representative for more information and/or to schedule a demo class:

Contact Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone#: \_\_\_\_\_