

Exercise Can Help You STAY PUT!

Few things in life are as unsettling as being forced into a move you don't want to make because of illness or injury. We are comfortable wherever we call **Home** – we know the routines, the companions and the lay of the land. We all live in fear of the fall or illness that precipitates the move to a less independent lifestyle. There are a lot of things that can affect our circumstances, but exercise is one of the most important things you can do to help maintain your independence.

In 2016, The Argentum Senior Living Group published a [study](#) that concluded that the average Length of Stay in an Assisted Living Community was only 22 months. Since 2008, Live 2 B Healthy® has been maintaining participation records of all of our classes in senior living communities across the country. Compared to the national average of 22 months, our class participants boast an average Length of Stay of over 34 months in Assisted Living Communities. That's an increase of well over a year for those residents who attend our senior fitness classes!



When we say that exercise and remaining physically active will increase your chances of **Staying Put**, many times the type of activities that spring to mind may be punishing high school sports practices. However, the type of exercise required to help keep us fit and active is not punishing, but rather simple routines to help us maintain balance, strength and flexibility. As Paula Humbar, Activity Director of Living Meadows in Madelia, MN, said of her recent efforts to encourage her residents to attend Live 2 B Healthy® fitness classes: "When our residents who had never attended class, protested that they couldn't be 'jumping around like that', I just encouraged them to come and observe a class from the back of the room. I told them they didn't have to participate in anything they didn't feel up to doing. Nine times out of 10, they were waving their arms

in the air with the rest of the class. And they continued to come back to every class after that first one. It just took a little bit of encouragement to get them to give it a try."

As Paula's reluctant residents found out, maintaining an active lifestyle can be as simple and enjoyable as participating in a Live 2 B Healthy® senior fitness class. Our Certified Personal Trainers know how to help residents adapt the exercises to fit their needs so that each person is exercising in a safe and appropriate manner. Whether you currently call a single-family house, Co-op apartment, or a senior residential community your **Home**, you can take advantage of our Free senior fitness classes to help keep you active and fit, so you can continue to remain at **Home** as long as possible. Not to mention enjoy the comradery and friendships of others in your community who have the same goals and aspirations in life.

To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.