



Resident Wellness Newsletter

The Gift of the Present

mind·ful·ness /mīn(d)f(e)lnes/ noun

1. the quality or state of being conscious or aware of something.
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness. It's a pretty straightforward word. It suggests that the mind is fully attending to what's happening, to what you're doing, to the space you're moving through. That might seem trivial, except for the annoying fact that we so often veer from the matter at hand. Our mind takes flight, we lose touch with our body, and pretty soon we're engrossed in obsessive thoughts about something that just happened or fretting about the future. Like many things in life, we can often "get away with" not being mindful in our youth. But, as we age, one very important tidbit about mindfulness that comes to the forefront of importance is the fact that some studies find over 93% of accidents are caused by inattention. A 15 year old trips and falls down the stairs because he's reading a text on his phone - he gets back up and goes on with his day. An older adult is attempting to walk and text at the same time, resulting in a fall, and we all know that fall could very easily cost that older adult their life.

As we enter the busy holiday season, and everyone's mind is on their overflowing to-do list, it seems like the perfect time to take a bit of a break to consider the benefits of MINDFULNESS. Common benefits of mindfulness are for older adults include:

- Slowing down the progression of Alzheimer's
- Enhancing digestion
- Developing a sharp, focused mind
- Managing moods and emotions
- Improving memory
- Promoting relaxation and calmness

Please see our The Gift of the Present monthly Balanced Wellness Materials for more information on increasing mindfulness and the benefits of doing so.



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