



# Healthy Habits

## Healthy Habit #1

### Move More/Sit Less

If you are reading this newsletter, then you are probably one of the lucky older adults who has access to weekly fitness classes through **Live 2 B Healthy**®. Make 2022 the year that you win the “Best Participation” award each month in your community. Simply by attending our fitness classes 2-3 times per week (or more), you will increase your activity level. Not only will you move more during class, but you will also feel more comfortable moving outside of class for a number of reasons: Motion is lotion - so those aches and pains in your joints will ease as you increase your activity level; You will gain more confidence in your ability to prevent falls as you gain strength, flexibility and practice your balance skills; You will make new friends who also value healthy lifestyle choices, making it easier for you to remember your commitment to treat yourself better.

#### Motion is Lotion

As we get older, we don't develop as much synovial fluid (lubrication) for our joints. And what little fluid we do develop isn't absorbed as well by the articular cartilage (articular cartilage is the smooth, white tissue that covers the ends of bones where they come together to form joints). When a joint moves, the fluid sloshes around, giving the cartilage a healthy dose of oxygen and other vital substances. As an added bonus, regular exercise encourages the body to produce extra synovial fluid. Healthy cartilage in our joints makes it easier to move. It allows the bones to glide over each other with very little friction. As it turns out, joints are made to move. If a person rests a sore knee or hip or elbow day after day, the muscles that support the joint will slowly weaken. At the same time, the tendons that attach the muscle to the bone will become less elastic. To a person with joint pain, lack of movement adds up to more pain and stiffness.

#### Balance + Flexibility + Improved Strength = Fewer Falls Resulting in Injury

When we regularly exercise our bodies, we help prevent falls by strengthening our muscles, improving our flexibility and practicing our balance. On the other hand, when we spend a lot of time sitting, like many of us did during the pandemic, we will find that we quickly loose muscle, our joints stiffen up (see Motion is Lotion above) and, when we don't regularly practice balance movements, we become less steady on our feet.

#### Keep Your Healthy a Priority

Participating in group exercise classes come with the added value of making new acquaintances who also value wellness in their lives. We can strengthen our own commitments to developing healthier lifestyles simply by being with others who have similar goals. We can help hold each other accountable, and serve as a reminder to others as they work to develop healthier habits in 2022 - and beyond!



Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

[www.Live2BHealthy.com](http://www.Live2BHealthy.com)

