



MOVE MORE!

Erin Curtin

Most of us should be trying to move more, in whatever way is safe and works for us.

Movement affects everything from circulation to digestion to metabolism to mood to immunity. Regular movement can reduce the risk of falling and frailty, help maintain or increase muscle strength and flexibility, lower the risk of chronic diseases like heart disease and hypertension and improve control of diabetes.

If you can stand for only a limited time or not at all, seated exercises and movement can be beneficial. If you can access a pool, being in the water is helpful as there is less worry about balance, and painful joints are not an such an issue.

If you are able to stand and walk, spending more time up and moving can make a difference in alleviating some of the risks of extended sedentary time. If you are sitting for an increased period, try getting up at least every 20 minutes to stand and/or walk around for a few minutes.



For assistance making a plan for a seated or standing exercise program, please contact Jen Davis, Fitness Coordinator at jdavis@lathrop.kendal.org