



You Can!

Benefit from Warm-Weather Activities



Natural sunlight and fresh air provide physical, mental and emotional benefits, including sun exposure to Vitamin D which is necessary for a healthy brain, bones and muscles. Socializing with people of all ages as well as with nature can give people an extra spring in their step. However, older bodies don't adjust to temperature changes or perceive thirst as well as younger ones so be sure to watch for signs of fatigue, thirst, sunburn, and overheating. Here are some ideas for outdoor activities:

Stroll a Bit - Go for a walk, starting slow if needed, and bring along a walker or wheelchair in case rest is needed along the way.

Pack a Picnic - Locate an area with comfortable seating and plenty of shade, perhaps at a park where there is a buzz of activity to watch.

Attend a Community Event - Fourth of July parades and fireworks, outdoor concerts, art shows, cultural festivals, car shows, flea markets and more. Check the events section of the local newspaper to find happenings that fit your interests and abilities.

Go Out for a Treat - Maybe an ice cream cone from the local Dairy Queen, a coffee and pastry from a favorite breakfast spot, or a lunch special from the diner around the corner. Enjoy your goodies at a patio table.

Observe Nature - Sit outside and enjoy the sights and sounds of a birdhouse, bird feeder or bird bath in the yard, or plan an outing to the zoo or local dog park.

Take a Dip - Whether just dipping your toes or low-impact water aerobics, time in the pool is an excellent way to incorporate some physical activity into a routine.

Catch a Sporting Event - Attending a grandchild's soccer game or a professional baseball game can be an action-packed way to reconnect with a favorite pastime.

Be a Tourist - Take an open-air bus or trolley or boat tour to see the local sights. Even a Sunday drive around town can bring joy.

Source: Adapted from an article on AgingCare.com

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