



Physical-e-Fit and Fun for All Ages!



"Even to your old age and gray hairs, I am He who will sustain you. I have made you and I will carry you: I will sustain you and I will rescue you." Isaiah 46:4.

Physical activity is a great way for older adults to prevent the decline in health that many AME members face with increasing age. Being active on a regular basis can improve your ability to do everyday things- like pushing a shopping cart, carrying a laundry basket, or playing with your grandchildren. Regular activity also decreases your risk of developing chronic health conditions, such as diabetes or heart disease.

Older adults of all ages can start being more active- just **"start low and go slow!"** Be active at your own pace, and do activities that you enjoy and with which you are comfortable with. Be sure to check with your healthcare provider if you have any chronic health problems and/or are taking medications.

If you have questions about the Health-e-AME Physical-e-Fit program contact _____ at _____ or visit our website www.health-e-ame.com.



Physical-e-Fit and Fun for All Ages!



"Even to your old age and gray hairs, I am He who will sustain you. I have made you and I will carry you: I will sustain you and I will rescue you." Isaiah 46:4.

Physical activity is a great way for older adults to prevent the decline in health that many AME members face with increasing age. Being active on a regular basis can improve your ability to do everyday things- like pushing a shopping cart, carrying a laundry basket, or playing with your grandchildren. Regular activity also decreases your risk of developing chronic health conditions, such as diabetes or heart disease.

Older adults of all ages can start being more active- just **"start low and go slow!"** Be active at your own pace, and do activities that you enjoy and with which you are comfortable with. Be sure to check with your healthcare provider if you have any chronic health problems and/or are taking medications.

If you have questions about the Health-e-AME Physical-e-Fit program contact _____ at _____ or visit our website www.health-e-ame.com.