

Staying Healthy and Active, Especially in Winter

Broadly speaking, there are three categories of activities that are recommended for optimal senior well-being: physical, social, and mental.

Keep Active - A sedentary lifestyle during the senior years can lead to greater susceptibility to injury, higher incidence of obesity, cardiovascular problems, and a number of other serious diseases. Oppositely, persons who continue to stay active into their senior years decrease the risk of these adverse conditions. Additionally, senior physical activity decreases the risk of stroke, cancers, type 2 diabetes, depression, and dementia. It also arrests the deterioration of overall health and allows seniors to maintain their independence longer.

In Hanover we are fortunate to have the P&H Centre, which offers a variety of ways to keep active:

- Indoor Walking Track - Enjoy a walk or run on the P & H Centre's 100 meter (300 feet) indoor walking track, which provides participants with a safe and enjoyable alternative.
- Hanover Regional Aquatic Centre offers a variety of programs that are available for drop in or registration. Enjoy programs such as Aquafit, Aqua Circuit, Adult and Senior Swims, Lane Swims, Swimming Lessons and more.
- Fitness Programs- Sign up for one of the great programs including Yoga, Chair Yoga or the 55+ Gentle Fitness program at the P&H Centre. www.hanover.ca/recreation-culture/recreation-programs

Socialization Spreads Positivity- Socialization is the activity of mixing socially with others. It's intended to foster relationships, establish good communication skills, and promote a sense of community. The importance of socialization never wears off, and it's particularly relevant for seniors. The benefits of socialization are plentiful – it can reduce stress and the risk of depression, and increase self-esteem and longevity. Aside from adding a few years to their life, the benefits of the elderly socializing can help develop new friendships, reduce stress, keep anxiety and depression away, and help them to feel useful and needed. Socializing keeps people young at heart, emotionally vibrant, and mentally sharp. Adults of all ages are encouraged to remain physically active to maintain healthy body weights, cardiovascular strength, and boost muscle strength.

Volunteering- Volunteering can help you meet other people, build skills, increase your social network and give back to the community. Volunteering has also been proven to reduce illness, prolong life and maintain mental well being. There are so many organizations that are desperate for volunteers in Grey Bruce and in Hanover specifically. For a list of organizations in our area who depend on volunteers, you can visit the Hanover Library. The Hanover Library and Parks and Recreation are exploring hosting a volunteer expo on June of 2025. Stay tuned for more information when it becomes available!