

REHAB NEWS



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Fun Ways to Stay Active Indoors this Summer

Summer allows us to enjoy many outdoor activities and time with family and friends. Barbecues, swimming, and trips to the beach make summer an exceptional time of year! For aging adults, the summer months can also be hazardous to your health. Problems like dehydration, sunburn and exacerbation of pre-existing conditions are common after too much sun exposure. It's important to stay safe when the temperature rises.

Staying active is very important no matter the season. On days when the summer sun is too intense for outdoor activities, moving indoors may be the best option. Here are some fun activities older adults can do to stay active and beat the heat:

1. Get your steps in and explore a museum or aquarium
2. Visit a local senior center to socialize and enjoy outings and activities
3. Take dance lessons for a fun way to stay active
4. Walk and window shop at an indoor shopping mall
5. Join a health club that offers group fitness and aquatic classes
6. Go bowling with friends or join a bowling league
7. Workout at home with weights and bands or invest in easy-to-use home gym equipment

Therapy Can Help Aging Adults Stay Active & Independent

Exercise is extremely important in managing many common symptoms of aging. Physical therapists evaluate your needs and teach you how to exercise appropriately for joint mobility, muscle strength and fitness. It can help strengthen the muscles around your joints, help you maintain bone strength, give you more energy to get through the day, help you control your weight, improve your balance and help you enhance your quality of life. Occupational therapists help older adults to safely do the things they want to do, stay active and live well despite limitations. Talk to your doctor today about the benefits of therapy!

Cool off this summer with a refreshing slice of watermelon!



At 92% water, this favorite summer snack is a great source of hydration and loaded with essential vitamins. Watermelon also contains high levels of the antioxidant lycopene, a famous cancer-fighting substance found in tomatoes.

Parkview Haven Retirement Community
101 Constitution Drive
Francesville, IN 47946

(219) 567-9149 www.parkviewhaven.com email: administrator@parkviewhaven.com

