

Senior Active Living Calendar

1	2	3	4	5	6	
Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	
7	8	9	10	11	12	13
Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____
14	15	16	17	18	19	20
Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____
21	22	23	24	25	26	27
Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____	Activity _____ Time Spent _____
28	29	30	31	<input type="checkbox"/> Before you begin: <input type="checkbox"/> Make sure to consult your doctor. Take this month to restart and old hobby or try something new. Any effort, no matter how big or small, is a step in the right direction. <input type="checkbox"/>		



Did You Know?

Many adults over the age of 65 spend, on average, more than 10 hours each day either sitting or lying down. Scientists have discovered that regular activity can help prevent, or delay, disease and is an effective treatment for chronic conditions such as arthritis, heart conditions, high blood pressure and diabetes. An active lifestyle can also increase memory function and overall wellbeing!

Weekly Challenges!

For those interested in testing their ability, total your weekly active minutes and see if you can complete any of these challenges. Check the applicable box to track your progress:

- Green** – At least 30 minutes of combined activity
- Blue** – At least 90 minutes of combined activity
- Gold** – At least 120 minutes of combined activity

Don't be discouraged if you aren't able to complete the challenges right away. What's most important is that you simply make an attempt to try and increase your activity!



Search Stannah Stairlifts on Youtube for more information and exercise tips.

Sources: Everyday Health / NIH Health / Retire at Home

Check out these unique activities to get you started. Track your progress with our Senior Active Living Calendar:

Activity Ideas

- Walk in the Park or Backyard**
- Walk in Place*
- Gardening*
- Outdoor Crafting*
- Visit a Farmer's Market*
- Hiking***
- Bird Watching*
- Fishing**
- Golfing**
- Biking***
- Swimming**
- Bowling**
- Nature Photography*
- Senior Yoga**
- Tai Chi**
- Dance Classes**
- Spring Cleaning*
- Babysitting Active Grandchild

* Suitable for housebound or low-mobility seniors

** Suitable for moderately active seniors requiring minimum mobility assistance

*** Suitable for fairly active seniors not requiring mobility assistance

Need more inspiration?

Check out your local community or senior center for classes designed specifically for older adults! The internet is a great resource. Your children, grandchildren or caregivers can also help you research if you need it.