

Living Well

Steps to LivingWell™

September 2019

Active Aging Canada strives to promote a society where all adult and older adult Canadians are leading active lifestyles that contribute to their overall well-being. They encourage Canadian adults and older adults to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and an active living philosophy with the end goal of healthy active aging.

While exercise is of great importance, we can't forget how crucial it is to focus on other areas that lead to full body health. Nutrition, brain fitness and mental health (to name a few) all contribute to a well-balanced lifestyle.

Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, older adults can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Brought to you by your LivingWell™ Coaches.