

# Physical Activity for Older Adults of All Abilities

The County community agencies have activity programs to meet your goals.



## Which is best for you?

### IMPROVE MOBILITY & INDEPENDENCE

- I'm afraid of falling
- It's hard for me to:
  - Find my balance
  - Get out of a chair
  - Walk without assistance

### IMPROVE STRENGTH & BALANCE

- I'm worried about my balance
- I can do all of the following:
  - Stand on one leg for 2 seconds
  - Climb 10 stairs
  - Walk 1 block without losing my breath or sitting down

### MAINTAIN & IMPROVE FITNESS

- I'm not worried about my balance
- I'm able to exercise 2x per week and want to:
  - Get stronger
  - Improve balance and flexibility
  - Increase my ability to exercise longer

Prince Edward County  
Community Care for Seniors

Prince Edward Family Health  
Team

Prince Edward Fitness &  
Aquatic Centre

Prince Edward Public Library

Victorian Order of Nurses

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