

Exercise & socializing crucial to seniors' health... but not always easy



United Way
Central and Northern
Vancouver Island

Seniors Enjoy Exercise Classes and Homemade Lunches Thanks to United Way's donors

Social isolation can be as detrimental to a senior's health as smoking 15 cigarettes a day. However, regular exercise and socializing are not always easy for seniors.

Seniors are not always comfortable, or able, to attend regular fitness classes. Many seniors also do not have the opportunity to get out and socialize as much as they would like.

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At eighty-one, Patricia faced mobility issues that kept her from being as active as she liked. It had been a long time since she had seen other seniors she knew in her town.

Then, Patricia discovered a United Way-funded exercise class that specializes in supporting mature individuals. "It's surprising how much exercise you can get from a chair," she says, thrilled that her "wonderful instructor" was able to modify the exercises for her limited mobility. "I can't do it all, but I just march," says Patricia. "It's just fun, fun, fun."

The exercise class is followed by a homemade lunch during which elders in the community eat together and socialize. The goal of the program is to keep the area's ageing population healthy and in the community.

This program could not have gotten off the ground without United Way's donors. With 100 per cent funding from United Way, this program was able to start as a pilot project. So far, it has been a huge success. If we receive enough funds from donors, plans are to extend it as long as possible.



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Through this program, Patricia has been able to reconnect with other seniors in her town. "I should have done it years ago, instead of waiting till I was eighty-one. Get off your couch and come down!"

To donate to United Way and for more information about programs we fund in our community, go to www.uwcnvi.ca