

Know now: Active aging for desert summers



Summer heat can make you feel more lethargic and less motivated to move. It can also keep you from going on walks or doing any outdoor hobbies. This is especially true as you age – and that’s exactly when activity can make the greatest difference in your health.

Why movement matters

Staying active is the best way to retain your independence and improve your quality of life. By exercising, you can improve your balance, endurance, muscular health, and bone density, which reduces your risk of falling.

Your mind also sees big benefits. Exercise is good for your cognition and helps improve your mood. If you’re feeling isolated, activity boosts your ability to socialize.

Keep your cool

You may be fortunate enough to have access to a pool, the surest summer-proof way to exercise. If not, try to:



- Walk in the early mornings or at sunset
- See if your health plan covers gym memberships
- Do home workouts, like chair yoga, Pilates, tai chi, and strength training that uses resistance bands or your own body weight
- Break it up – do 10- to 15-minute chunks of activity a couple of times each day

Keep your routine from getting boring by mixing up what you do and when. You’ll find a lot of sample exercise plans online.



Your doctor and care team are here to help you get started. Make sure to ask about increasing your activity. Have a safe and healthy summer.

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Take it one step at a time

Progress is the point

You can start a fitness journey anytime, at any level. Whatever you do, you want to see improvement.

If you're a beginner, focus on building your strength, flexibility, and endurance. You want to be able to get up from your bed or a chair unassisted. You want to work up to walking for short distances. Begin small and simple, and be consistent. Even if it's just moving around your space, that's better than not moving at all.

We have the place for you

Optum Community Centers are air-conditioned and made for anyone over 55 to get active and stay engaged. We have two locations, East and West,

with a full weekday calendar of fitness classes, social events, support groups, and seminars – all offered at no cost.

Optum Community Center - East

5820 S. Eastern Ave., Ste. 100
Las Vegas, NV 89119

Optum Community Center - West

8670 W. Cheyenne Ave., Ste. 105
Las Vegas, NV 89129



For more information and community center schedules, scan the code.

