



Wellness Tip of the Week

with the Area Agency on Aging District 7

Exercise is Important

Benefits of exercise include: improving balance skills and flexibility, strengthening thigh muscles and hip extensors, and improving coordination and overall conditioning. Our latest “Wellness Wednesday” episode showcased some easy upper body exercises you can do safely in your home. See a recorded version on our Facebook page or website. To learn more, call us at 1-800-582-7277 or e-mail info@aaa7.org.