



Beat the WINTER SLUMP

Shorter days and colder weather can make anyone feel sluggish. It's natural to want to stay indoors and get comfortable, but too much sitting can increase fatigue and affect your health.

For older adults, even brief periods of inactivity can lead to muscle loss, making everyday activities like standing up from a chair, walking safely, or doing the things you enjoy more difficult. That's why staying active during the winter is so important.

The good news? Staying active doesn't require formal exercise. Keeping your body moving throughout the day with light activity such as standing, walking, stretching, or household tasks can help maintain strength, confidence, and independence.

Simple Ways to Stay Active:

- ✓ **Take short walks** inside your home or community several times a day.
- ✓ **Stand up and stretch** at least once an hour, even if only for a minute or two.
- ✓ **Add movement** to everyday tasks, like folding laundry, carrying groceries, or marching in place while watching TV.



HOW THERAPY CAN HELP:

If winter has left you feeling stiff, weaker, or more tired than usual, therapy can help you regain strength and energy. Therapists guide you through safe, personalized movement strategies, protect your joints and muscles, and support your ability to stay active and independent in everyday life.

[insert your contact information, etc.]

[insert your logo]