

## *The Magic of Exercise*

In an editorial published in the Journal of American Medical Directors Association (JAMDA), it was said that EXERCISE IS THE MAGIC BULLET used to treat physical and cognitive impairment in the older adult population.

**“It has become clear that medications are not very useful for the treatment of difficult behaviors in the nursing home”.**

**“Exercise is the cornerstone in increasing strength and balance and decreasing falls”.**

Morley J. et al. The Magic of Exercise. JAMDA. 2008; p.375-377.

*S*pring Hills Home Care Services supports a holistic approach to senior living. Our signature touches philosophy nourishes the mind, body, and spirit. This includes our Signature Touches Wellness Program, which focuses on the encouragement of regular exercise and the education of disease management.

## *Positive Effects of Exercise*

- Decrease Cognitive Impairment
- Improve Function
- Decrease Dysphoria
- Decrease Behavioral Disturbances
- Reduce Falls
- Reduce Fear of Falling
- Decrease Frailty
- Reverse Sarcopenia
- Slow Bone Loss
- Reduce Pain
- Decrease Constipation
- Decrease Incontinence
- Enhance Sleep
- Improve Glycemic Control
- Improve Quality of Life

***Call today for your complimentary wellness assessment.***