Many times when we get to the end of our day, we realize that our physical activity was mostly non-existent. We all know that just standing instead of sitting will increase muscle strength.

Relaxing is great but how long is good and when does it become a habit? Here are some simple ways to add in some extra activity throughout the day.

- Plan to take several “trips” around the house each day.
- Have a list of small to-do items and tackle them each hour.
- Join a television exercise routine—even seated exercise helps.
- Think about how long you might sit in one spot and plan to move about a few minutes of each hour. Just getting up and down is beneficial.
- Set a timer for when you are reading to remind yourself to move about and get some fresh fluids.
- Get up and move during commercials.
- Always stand when you are on the phone if possible.

Create an activity plan for each day and add to it as you get stronger. Review all the places you would like to visit—flower shop, library, and coffee shop, anywhere you enjoy—and add them into your weekly routine. Visit the Senior Center for lunch or games, your church for socials, the craft store for ideas or sign up for classes, take yoga or stretching classes, and community college courses are all great ways to get out and about.

Our activity calendar is created for those with dementia and it constantly changes to meet our residents’ abilities. All are focused on engagement and interaction from our staff.

Valley View understands our resident’s preferred lifestyle, and our caregivers provide opportunities to move around that will fit each individual’s interests. Call or visit us today to find out more.