Maintain Your Independence Through Exercise!

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Health is a precious gift that is often taken for granted in our younger years. We begin to understand this more as we age, and therefore, it is of utmost importance to double our efforts to preserve it. For some reason, any healthy habit, including exercise, always seems to be difficult to start. We simply feel like we can’t do it all, so we decide to rest and take it easy instead. This attitude promotes decline of our abilities, strength, balance, etc. and before we know it, we have become sedentary. How does this happen?

It is never too late to get up and improve our health. Focus on workouts that help build strength, stay mobile and improve balance. Some of the best workouts include swimming, yoga, stretching, core strengthening and muscle building.

Of course, you’ll want to find something you enjoy as well as benefit from. Be sure to recognize that while you might not enjoy it in the beginning, once you are stronger and more fit, your body may even begin to crave it. Getting motivated to work out can be hard, especially when working out alone, so finding a fun and inspiring environment will really help you achieve and maintain your goal.

At Independence Hill Retirement Community, we know how important exercise is when it comes to keeping our residents fit and living long, independent lives. For that reason, we always offer a variety of fitness classes from flexibility and strengthening classes to water aerobics, chair yoga, Tai Chi, Zumba Gold, even line dancing and bowling. Remember the statement noted above about finding something that you enjoy? Sometimes the enjoyment comes from trying these physical activities with a friend who can provide great motivation and a bit of good, positive peer pressure.

The activities and classes offered at Independence Hill are known for getting residents at every stage of health and fitness out and about. Our residents are very active in the Texas Senior Games and participate in seven to eight sports each year; training and practicing year round. We also like to take small hikes and always find a way to dance, dance, dance! There is truly something for everyone, so please feel free to come by and see all that we have to offer or call one of our Lifestyle Specialists at (210) 209-8956. They will be happy to show you the Independence Hill way to maintaining your independence! Cheers to your health!

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com.