Texercise: Keeping Our Seniors Strong!

By Michelle Houriet, Executive Director
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Exercise is important at any age. If you are breathing you should be exercising. Now that does not mean you have to join a gym, take up weightlifting or jump around in an aerobics class. There are many forms of exercise. The actual definition of exercise is “activity requiring physical effort, carried out to sustain or improve health and fitness. Exercise improves your heart and lung power.”

Your exercise of choice should be enjoyable to you, give you just the right amount of challenge and definitely be appropriate for your physical condition or abilities. I know 90 to 100 year olds that walk their dog several times per day. Considering their age, this type of exercise is perfect for them.

At Independence Hill Retirement Community, Assisted Living and Independence Village, our goal is to keep our residents as active as possible for as long as possible, because we know it will improve their quality of life as well as extend their life. With that goal in mind, we offer a variety of opportunities for exercise six days per week. One of those exercise programs is Texercise. Beginning as a statewide health and wellness initiative of the Texas Health and Human Services Commission (HHSC) to encourage individuals and communities to adopt healthy lifestyle habits such as regular physical activity and good nutrition, Texercise has grown into an internationally recognized senior health program and has won many awards.

Residents at Independence Hill and Independence Village have nothing but praise for Texercise and have written us countless notes about the program, which has proven to increase strength, balance and confidence.

“Approximately mid-way into our first 12-week Texercise course, I suddenly realized that I was taking steps up a two-level stairway steadily, like I used to!” said Independence Hill resident, Ruth. “A simple achievement to which you younger people may scoff. But to me, it was a great delight and gave me the impetus to keep going and perhaps uncover some other moves that still lie dormant. I am so grateful to Independence Hill for introducing this worthwhile and welcomed activity to us.

Another resident wrote, “Repetition of exercises make muscles stronger and each week you are able to do more. I find rising from a sitting position to a standing position without help a huge benefit.”

If you have no other goal than to keep moving and to stay strong, you have to exercise. Living at Independence Hill, Assisted Living or Independence Village gives you the opportunity to have these classes right at your fingertips and a great peer group to enjoy them with. If you would like more information about our vast array of exercise programs and life at one of our communities, please give Sherrill or Laura a call at (210) 209-8956.

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

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