



**TIP: Healthy Aging Means Being Cognizant of Our Well-Being  
(OR – Respect For Our Aging Bodies)  
by Robin Weiss Director of Fitness**

Taking care of our bodies means different things at different stages in our lives. Unhealthy lifestyle habits and a general disregard for our health, markedly increases our risk for chronic pain and disease later in life. Healthy aging involves knowing how to evaluate the risks in our behaviors, as well as being willing to let go of behaviors that are better suited to younger bodies. We need to know the hazards of the activities we choose and how to contain them.

This in NO way implies that we need to stop living life to its fullest. We simply need to respect the incredible bodies that we possess by learning how to treat them right at each stage in our lives. The Personal Trainers and Fitness Instructors at Kathy's Healthclubs are ready to help you do just that.

Reference: DrWeil.com 2009