

Active Aging

How Exercise Transforms Senior Health at Edencrest.



Aging doesn't mean slowing down—it's an opportunity to embrace an active and fulfilling lifestyle. According to the CDC, nearly 28% of adults nearly 28% of adults aged 50 and older are physically inactive, with inactivity rates rising even higher among those with chronic diseases. However, research shows that staying active significantly improves longevity, heart health, and cognitive function. At Edencrest Living, we recognize the importance of movement and offer a variety of programs to keep our residents engaged, healthy, and thriving.

The Risks of Physical Inactivity for Seniors

A sedentary lifestyle contributes to numerous health concerns, including:

- ✓ **Increased Risk of Chronic Disease** – Lack of exercise raises the likelihood of diabetes, cardiovascular disease, and osteoporosis.
- ✓ **Higher Fall Rates** – Inactive seniors have weaker muscles and poorer balance, leading to a greater risk of falls and fractures.
- ✓ **Cognitive Decline** – Exercise is linked to a lower risk of dementia and improved memory retention.

How Edencrest Living Promotes an Active Lifestyle

At Edencrest, we prioritize whole-body wellness by offering:

- ✓ **Daily Group Fitness Classes** – Whether it's gentle yoga, chair aerobics, or tai chi, we provide tailored exercises to keep seniors moving.
- ✓ **Personalized Wellness Plans** – Our assisted living and memory care communities integrate activity into daily routines.
- ✓ **Safe Outdoor Spaces** – Beautiful courtyards and walking trails encourage movement and socialization.
- ✓ **Specialized Rehabilitation Services** – For those recovering from injuries or illnesses, we offer guided physical therapy and strength-building exercises.

By choosing Edencrest Living, seniors don't just find a place to live—they find a community that supports active, healthy aging. Visit [Edencrest Living](#) to learn how we create an environment where every resident can stay strong, independent, and engaged for years to come.