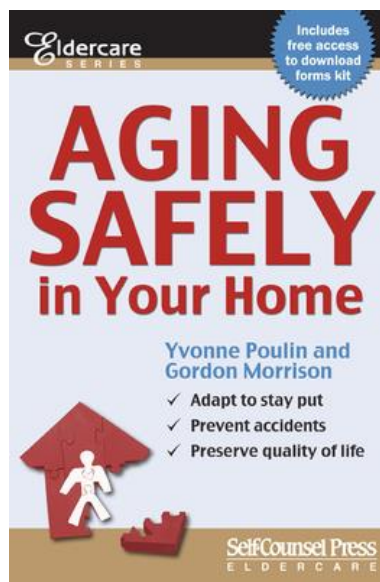


Are You Physically Capable to Age Safely in Your Home? Checklist 2

(Part 2 of 3 excerpts from the book *Aging Safely in Your Home* by Yvonne Poulin and Gordon Morrison, published by Self-Counsel Press)



It is common for people to minimize the level of fitness required to age safely in their home. Physical decline is a normal, inevitable part of the aging process. When this occurs, it's time to adapt our behaviours and address the factors that will help us achieve our optimal health. We need to have regular check-ups with our health care team to monitor, prevent, and treat conditions that affect our physical independence.

“Attitude is essential, and there are many things you can do to obtain your optimal health at any age. This applies even if you are already at a disadvantage with mobility or other health issues. Proper nutrition is important at any age. How well you eat affects how well you age. So does your ability to manage your medications and pain. Getting quality sleep also factors into your physical fitness. The question you must ask yourself is: Am I ready to meet the challenge of reaching my optimal health that will allow me to age safely in my home?”

Here’s a checklist for you to rate your physical activity. If any answers are ‘No’, please refer to chapter 1 for helpful tips on how to change that to a ‘Yes’.

Aging Safely in Your Home – Chapter 1 Checklist

Physical Ability	YES	NO
Regular Check Ups with your Medical Doctor		
Regular Check Ups with your Dentist		
Visits to your Complimentary Practitioners		
Cardiovascular exercise 2- 3 times per week		
Strength, balance, and coordination activities 2- 3 times per week		
Meals contain mostly fruits, vegetables, and grains		
Only a small amount of food or drinks are processed or have a high sugar, saturated fat, or salt content		
Drinking plenty of water in the day		
Medications regularly reviewed and taken on time		
Pain is being well-managed		
6-8 hours of sleep per night		
Quit smoking (for smokers only)		

* It is wise to review these charts on an ongoing basis, because your circumstances are likely to change*

Learn more about how to empower yourself so you can [age safely in your home](#).

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