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STAYING ACTIVE AT ALL AGES

Being active doesn't mean you have to hit the gym. No matter what your age (human, canine, or feline), it's important to stay active to be healthy.

Current statistics show kids spend an average of 32 hours per week in front of the television and roughly 45% of senior citizens are not active. We can change that—it's simple as getting off the couch and going for a walk, swim, or doing a little yoga.

Walking is an ideal exercise for humans and pets. It helps to strengthen the heart, lower blood pressure, provide more energy and support mental health. In dogs, regular walks can reduce common behavior problems such as barking and chewing household objects and furniture. Swimming provides good exercise for seniors; a low impact sport, it is easy on the joints and not only beneficial for people with arthritis, but dogs as well. Just because it's low impact, doesn't mean it's easy. Swimming works many muscle groups improving endurance and strengthening the heart and lungs. Yoga helps with flexibility, strength, posture, and breathing. In seniors, it also helps improve range of motion and provides benefits for stiff-joint conditions.

So whether you're 5, 55, 75, or even a dog...it's important to stay active. Being active not only helps with strength and endurance, but with flexibility and longevity of life. So get moving!

***Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, (570)-454-2476
Call for more information or to schedule your Nutritional Consultation today!***