

# STRONGER AT ANY AGE

**Diversicare of Montgomery - Healthcare & Rehabilitation Center** celebrates senior fitness and wellness in our community! As you age, maintaining an active lifestyle becomes more important than ever. We strive to keep you engaged and informed on a variety of health and wellness topics to stay stronger at any age! To learn more about our center or to schedule a tour, contact one of our team members at **(334) 263-1643** today.

## Get healthy for Good with “Life’s Simple 7” from the American Heart Association

**Get Active:** Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise.

**Eat Better:** Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Limit sugary foods and drinks, fatty or processed meats, and salt.

**Lose Weight:** To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

**Control Cholesterol:** Eating smart, adding color and moving more can all help lower your cholesterol.

**Manage Blood Pressure:** Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart.

**Reduce Blood Sugar:** Cut added sugars from your diet, limit sweets and sugary drinks, choose simple over processed foods, rinse canned fruit in heavy syrup. Moving more can also help your body respond to insulin.

**Stop Smoking:** Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop.

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**Diversicare of Montgomery**  
**Healthcare & Rehabilitation Center**  
[www.diversicareofmontgomery.com](http://www.diversicareofmontgomery.com)

**Improve every life we touch | Provide exceptional healthcare | Exceed expectations**

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ATENCION: si habla espanol, tiene a su disposicion servicios gratuitos de asistencia linguistica. Llame al 1-888-771-7576 (TTY/TDD: 711).  
CHU Y: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-771-7576 (TTY/TDD: 711).