



WALK INTO NATURE

Nature walks are a great way to soothe our minds and to appreciate nature's tranquility and subtle gifts while still getting some exercise. Strolling through the natural environment park can actually increase the ability to focus and concentrate.



SPRING UP!

Exercise is important for everyone, and walking is one of the best types of exercise that seniors can do. Walking is so calming that most people can do it, regardless of their current level of fitness. It does not wear out the joints, which is important for seniors with arthritis, but it does strengthen important muscles in the legs, hips, and abdominals. Seniors who walk daily are less susceptible to health problems like heart disease, they are less likely to suffer falls, and they are more likely to maintain their independence and happiness as time goes on.



Live in each season as it passes;
breathe the air, drink the drink, taste
the fruit, and resign yourself to the
influence of the earth. –Henry David
Thoreau

We as Humble Homecare Services
embrace and love nature .





Five Facts About Outdoor Exposure for Seniors

1. Being outside boosts vitamin D levels.

Vitamin D is directly related to an improved immune system and a more positive outlook. Spending about 15 minutes of time each day in the sun is an ideal way for seniors to boost their vitamin D levels.

2. Nature can help boost immunity.

By helping seniors feel more positive and increasing mental health, the great outdoors help seniors build and maintain healthy immune systems.

3. Being outside helps seniors feel more energized.

Tired? Take a walk! Getting outside is a great way for sluggish seniors to feel more active.

4. People who spend time outside recover from injuries faster.

Exposure to natural light is powerful, and people who spend lots of time outdoors can recover from injuries faster.

5. Being outside helps seniors improve focus.

Being outdoors gives the brain a break from everyday multitasking and allows it to form new memories and heal itself from over-extension. This contributes to higher attention levels and improved mental health.



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