



WILLIAMSBURG LANDING®

Tips for Staying Healthy for Life: The Importance of Physical Activity

While scientists continue to search for the equivalent of Ponce de Leon's "Fountain of Youth," experts in physiology and gerontology agree that there might already be an ideal prescription for aging – physical activity and exercise.

The Most Useful Forms of Activity and Exercise

Experts tell us that the following activities represent the types of exercise you want to get – at any age:

- **Aerobic:** Good for your heart and lungs – Increases your breathing and heart rate. Examples include brisk walking, jogging, swimming, biking, tennis and dancing.
- **Flexibility and Balance:** Helps prevent falls – Examples include walking up and down stairs, standing on one foot, yoga and tai chi.
- **Strength Training:** Promotes muscle and bone health – Examples include lifting weights and performing daily activities such as carrying a full laundry basket, carrying your smaller grandchildren or lifting things in the garden.

Before starting a regular exercise program, it is always advisable to talk to your health care provider.

Specific Benefits to Your Health and Well-Being

The **National Institutes on Aging (NIA)** reports that in addition to helping your fitness, stamina, balance, and muscle and bone strength, physical activity and exercise can also:

- Improve your mood and help with feelings of depression or anxiety
- Maintain your thinking skills
- Make it easier to do the things you want to do
- Help prevent or treat diseases such as diabetes, heart disease, high blood pressure, breast and colon cancer and [osteoporosis](#)

For all of these reasons, many retirement age adults are seeking a lifestyle that offers plentiful opportunities to stay active, engaged and healthy – precisely what you'll discover at [Williamsburg Landing](#).

Welcome to Williamsburg Landing

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at **Williamsburg Landing**.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Virginia, **Williamsburg Landing** is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and its surrounding areas [since 1985](#). With one visit, you'll understand what makes **Williamsburg Landing** so special.

With a past rich in tradition and a future filled with promise, **Williamsburg Landing** is the perfect place to call home – for today and tomorrow.

Learn more or to schedule a tour, please [contact us](#) today!