



e-Newsletter

SeniorsBC.ca

### Message from Parliamentary Secretary Michelle Stilwell



With the colder weather and shorter days upon us, it can sometimes be challenging to stay active. It's tempting to stay cozy indoors, but regular activity has a wealth of health benefits that can be even more important to our general well-being on gloomy winter days.

During Seniors' Fall Prevention Awareness Week, November 3-9, I was honoured to take part in an announcement where government provided a \$4.5 million grant to the [Centre for Hip Health and Mobility](#) for programs to help prevent falls and hip fractures in older adults and enhance mobility through early intervention. At the event, we learned through hands on demonstrations about how mobility levels can strongly determine the risk of falls in older adults. Falls and subsequent hip fractures are the main reason adults lose independence, but research shows that falls are preventable.

Early detection of fall or fractures risk is key; if you think you or someone you know may be at risk of falling, take this [short questionnaire](#) and discuss the results with your doctor or care provider.

In addition to preventing falls, mobility and independence are significant factors to a person's quality of life. Even a small amount of exercise can help us live longer and healthier. For many of us, as we get older, we tend to decrease the amount of time we exercise. Most seniors in B.C. can see great benefits from as little as ten minutes of physical activity, three times a day.

For ideas, motivation and suggestions on physical activities for older adults, check out the [SeniorsBC](#) website or consider training for the [2015 BC Seniors Games](#). [The Physical Activity Line \(PAL\)](#), a free service that connects you with health professionals and community health and fitness programs, is also a good resource for everyone. The toll free PAL line is [1-877-725-1149](#) or in the Lower Mainland [604-241-2266](#). PAL also offers a DVD called [Move for Life](#), featuring seniors of all ages and abilities demonstrating physical activities for daily routine.

Keep moving and thank you for your interest in SeniorsBC.

A handwritten signature in black ink that reads "Michelle Stilwell". The signature is written in a cursive style with a large initial "M".

**Michelle Stilwell**

Parliamentary Secretary for Healthy Living and Seniors to the Minister of Health