

The Importance of Maintaining an Active and Healthy Life

Adults over 40 years old who maintain active lives are able to add up to five years to their lifespans. This finding, from a 10-year research study by two institutes at the [National Institutes of Health](#), showcases just one reason living an active life is beneficial to your health. Benefits also include healthy weight management, lower blood pressure, a reduced risk of depression, stronger bones and so much more.

At Winchester Gardens, we know an active lifestyle is vital to your health and wellbeing, which is why we offer engaging activities and amenities to encourage residents to keep moving. Keep reading to find ways you can incorporate activity into your life simply by taking advantage of what is offered in our community.

Stay Active – Right in Your Community

As a Springpoint community, the culture at Winchester Gardens is surrounded by living an active, healthy lifestyle. This is especially proven in [LivWell](#), the award-winning holistic wellness program that goes far beyond traditional healthy living activities and caters to each of the seven dimensions of wellness. Every team member undergoes specialized training and works with residents to develop our events and activities with a genuine understanding of your needs.

Fred and Ruth Roessle have taken advantage of the physical fitness classes to increase their activity. Ruth shares, “The exercise programs are really fun and good medicine with lots of laughs. Participating in the different classes has opened up a new door for me. I always had a good excuse to ‘not’ participate, but now I look forward to my time there. Fred has always enjoyed sports and is still active in golf and fitness.” With classes like Aqua Aerobics and F.I.T. Workout, you’ll be sure to find something you enjoy and look forward to participating in.

Along with engaging programming, our community offers a variety of both indoor and outdoor amenities for you to use to stay active. The main building hosts a fully-equipped [fitness center](#) for your personal use, or talk to the professional fitness instructor to learn tips and tricks when working

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out. We also offer an indoor, heated pool for your use year-round.

Incorporating exercise into your routine is important to your wellbeing, but one of the easiest ways to lead a more active lifestyle is to simply walk when you have a chance. Walking for 30 minutes a day or more on most days of the week is a great way to improve your overall health and maintain wellbeing. When the weather is nice, venture outside and enjoy our [grounds and walking trails](#). Our breathtaking grounds were designed by the Olmstead Brothers, sons of the famed landscape artist responsible for Central Park. So not only will you be promoting positive health by taking a walk outside, but you'll delight in beautiful views as well.

Learn More about Active Senior Living at Winchester Gardens

For those interested in an active lifestyle, Winchester Gardens offers the opportunities you need to keep moving. [Contact us](#) today to learn more about active lifestyle opportunities or to schedule your personal tour.