



How can I encourage my elderly parents to stay active?

Exercise is important for people of all ages. One way to support seniors is to make fitness a family affair by going on a family walk on a regular basis. This simple activity allows everyone to enjoy physical activity and time with each other.

You can also encourage seniors to take a fitness class specially geared toward older people. For example, the [YWCA Pike Branch](#) and the [JCC Indianapolis](#) offer the [Silver Sneakers](#) program.

If your parents are not sure about which fitness program to try or have been inactive for a while, have them talk to their physician.

