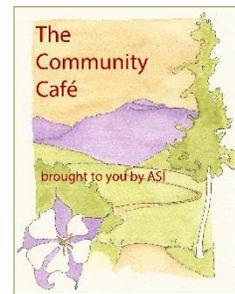


PRESS RELEASE

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## NEWS FROM THE COMMUNITY CAFÉ

### Removing Common Activity Barriers

Famously, [Jane Brody](#) provides some pithy advice that we all understand but find it hard to put into practice, “The secret to successful aging is to recognize one’s issues and adapt accordingly.” Physical activity is well-known for improving our quality of life on so many levels. So let’s consider what stops us from getting the level of activity that will help keep us physically fit and mentally sharp.

A new paper from the [Mather Institute](#) gives some insight into why the “majority of older adults—many of whom understand the importance of physical activity for their ongoing health and independence—do not participate in regular activity.” A few items from the report might help to spark ideas for your setting.

- Outreach materials work as the primary motivator for adults 60 and better. If you run a fitness program that works with this audience, consider how your outreach is working. During the pandemic, with most everything shut down, have you been able to make accommodations and keep your participants active?
- Fear of injury and mobility limitations are valid concerns when individuals do not know how to exercise safely and effectively. Options include “exercising indoors when the weather is poor, resistance training, knowledge of malnutrition, intellectual training, and other health-related topics.”
- A significant motivator can be reframing exercise as a facilitator for improved function due to the benefits that exercise brings for managing pain or chronic conditions such as osteoarthritis, extended recovery time, and overall poor health.

Whatever activity you choose, it needs to be interesting and fun for the participants. As we work toward getting our own in-person health and education programs back open, you can find low-impact, online options for in-home exercise [on our website through our alliance with Mather](#).

Our site also provides a wide variety of resources on aging, active engagement, provider and caregiver education, and information about ASI programs in Archuleta County, as well as contact information for making reservations at The Community Café for take-out and for Meals on Wheels at: <http://www.psseniors.org/>. You can download the full report at: [Mather Institute](#).

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