

AVOID Frailty

with Hal & Joanne of



*Frailty is a medical condition of reduced function and health in older individuals. Getting older increases the likelihood of developing frailty, however it is not an inevitable part of aging!
There are many things that can be done to AVOID frailty:*

Activity

A

- It's important to stay active by incorporating strength, balance, flexibility, and aerobic exercises regularly.
- Aim for 30 minutes of exercise daily – break this into 10 minute increments.
- Watch videos from Hal & Joanne on strength and balance here!

Vaccinate

V

- Infectious diseases like the flu, pneumonia and COVID-19 are harder to recover from as we age.
- Check with your healthcare provider to make sure your vaccinations are up to date, including your booster shots & this seasons flu shot.
- Watch Hal & Joanne discuss the importance of vaccines here!

Optimize Medications

O

- As the number of medications you take increases, the risk of harmful effects, drug interactions, and hospitalizations increases.
- Ask your healthcare professional for a medication review, including prescriptions, over the counter medication, and vitamins or supplements.
- Learn more from Hal & Joanne here!

Interact

I

- Loneliness and social isolation can have a negative impact on your physical and mental health.
- If you're feeling lonely, reach out to a friend or family member, or click here for CFN's tips to stay connected with and without technology.

Diet & Nutrition

D

- A balanced diet is an important way to reduce the risk of frailty.
- Making sure you get enough protein, vitamin D, and calcium can help you maintain strong muscles and bones and stay healthy as you age.
- Watch Hal & Joanne discuss diet and nutrition, or try their chili recipe here!