



SENIOR NUGGET

SEPTEMBER 2013

**MARK YOUR CALENDAR - OCT 19th
ATHOLTON'S SECOND SENIOR DAY**
More Details Soon

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GET MOVING - GET HEALTHY!

Just 30 minutes a day of physical activity is enough to reap an abundance of healthful benefits. It's not as hard as you think! Below are reasons to start walking:

Going for regular, brisk walks may ...

- ◆ Help you lose weight and maintain that loss
- ◆ Improve cholesterol levels and blood pressure
- ◆ Reduce your risk of having a heart attack or stroke
- ◆ Decrease your risk of developing type 2 diabetes
- ◆ Lower your risk of getting several types of cancer
- ◆ Help prevent bone loss and injuries resulting from falls
- ◆ Reduce pain and disability stemming from arthritis
- ◆ Boost your energy, optimism and enthusiasm
- ◆ Ease stress, depression, and anxiety you are feeling
- ◆ Helps you get a better night's sleep
- ◆ When you have a busy life, your time is precious -- but so is your health!

Your comments and suggestions for future Nugget topics are welcome. Contact Vivian Stevens, Senior Ministries Director.

September Tips

- Take advantage of pre-holiday sales
- Use coupons for sale items at local stores
- Stock up on non-perishable items for winter



Best wishes to all having a September birthday

Reference past Senior Nuggets on
<http://www.Atholton.org/ministries/index.html>.

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