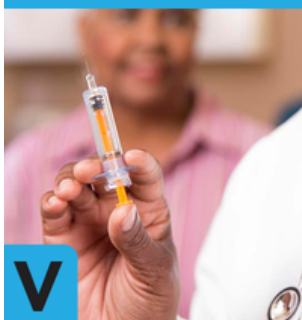


STEPS TO **A**VOID FRAILITY



A = ACTIVITY AND EXERCISE

Staying active is one of the best ways to stay mobile, strong and healthy into old age. It's never too late to start! Exercise can slow, and in some cases reverse frailty.



V = VACCINATION

Vaccines are a safe and effective way to help protect adults from serious diseases. Talk to your pharmacist or healthcare provider about which vaccines are right for you.



O = OPTIMIZE MEDICATIONS

Taking many medications can sometimes cause side effects like dizziness, confusion, trouble getting enough nutrients from food or falls. Ask your pharmacist or healthcare provider to review ALL your medications once a year.



I = INTERACT SOCIALLY

Older adults who have strong friendships and social connections often enjoy a better quality of life and may live longer. Try volunteering, making friends with people of different ages or taking a class.



D = DIET AND NUTRITION

Food is Medicine - Eat foods that are low in calories and high in nutrition and protein to keep your muscles and bones strong. For example, lean meat, egg, nuts, beans, etc.



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Frailty and Elder Care Network

More Info:
www.nshealth.ca/frailty