



Movement is good medicine!



Talk to your care team about the senior-friendly approach for mobilization.

Ask Us:

- ✓ What if I don't feel like exercising?
- ✓ How much physical activity is right for me?
- ✓ What are some easy ways to include physical activity in my daily life?
- ✓ Would a specialized program help me increase my strength and ability to move?
- ✓ Can you give me a few good reasons why moving more will be helpful for me?

or anything else...

**Your
care is why
we're all
here!**

sfCareTM
Senior Friendly Care



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