



Are you looking for ways to stay active in your own home?

Are traditional exercise programs too strenuous for you ?

Try out the **Stretch. Lift. Tap** activity package! We are looking for adults 65+ who receive help with outside activities and housekeeping and some or all personal care needs (bathing, getting dressed etc.) to try a series of light physical activities.

Evidence shows that increasing any amount of light physical activity can produce health benefits. Try out our activity package for 2 weeks, and then let us know if it made a difference!

Participants who complete our surveys will receive a \$10 gift card as a token of appreciation.

Call or e-mail us for more information:
info@rgptoronto.ca or 416-480-6100
ext. 6026

The **Stretch. Lift. Tap** package includes ideas for how to add more gentle movements throughout your day!



Stretch

Tap



Lift