

# What are the SHAPE UP 7?

These measures are seven lifestyle changes that lead to a longer, healthier lifespan and are proven to support healthy aging for seniors.

Our program incorporates elements from the SHAPE UP 7 into meaningful activities for your residents.

Learn more about Shape Up 7 at [aboutseniorsolutions.com/](http://aboutseniorsolutions.com/)

- S SPIRITUAL COMMUNITY:** Be part of something bigger than you. **Goal:** Be an active member of a faith community, AA, or group that allows you to place your faith and challenges in a higher power. **Benefit:** Reduced blood pressure and improved mental health.
- H HEALTHY LIFE BALANCE:** Create a balance of mind, body and spirit. **Goal:** Be plan-ful, create time to de-stress, replenish and learn. Balance life with 7-9 hours of uninterrupted sleep daily, laughter, a new hobby, meditation, meet with friends or give back to your community. **Benefit:** Reduce depression & avoid debilitating diseases like diabetes, Alzheimer's & high blood pressure.
- A ATTITUDE & INFLUENCERS:** Keep a positive attitude & stay close to people who do the same. **Goal:** Spend time around people who encourage you to take care of yourself and make good choices. **Benefit:** Build a better immune system, increase a healthier lifestyle.
- P PHYSICAL ACTIVITY:** Any type of physical activity is beneficial. **Goal:** Find ways to take extra steps in your day, garden or play with a pet. **Benefit:** Reduce heart disease, risk of stroke and dementia, and increase dopamine.
- E EATING HABITS:** Food should nourish your body. **Goal:** Add more fruits, vegetables and water in your daily eating regime. **Benefit:** Improve mental function, reduce heart disease, cholesterol, and chance of stroke. Stay at a consistent and healthy weight.
- U UNITED FAMILY:** Close relationships keep us healthy and happy. **Goal:** Stay connected on a regular basis to the people who are most important to you. **Benefit:** Decrease depression, increase mental functioning.
- P PURPOSE** creates a reason to get up in the morning. **Goal:** Use your talents and interests by mentoring, volunteering, or making a difference on a project. **Benefit:** Increase dopamine, reduce depression and heart disease.