

Stay active and safe this summer



Our vision in everything we do is to convey a shared value of compassion, a commitment to excellence, open communications, motivation to be the best, and a sense of personal integrity. We are honored to care for our residents and share a passion to make their days enriching and fulfilling. It's The Caraday Way!

Outdoor activities are a great way to get exercise in the summer months - here are some tips to keep up the recommended 30 minutes a day of regular exercise.

Regular exercise can help seniors strengthen their core and reduce the risk of falls or injury. In deciding which activities are appropriate, seniors should consider their personal comfort level, as well as their medical history (including any risk factors.)

Gardening builds endurance and strength, and by growing your own herbs and vegetables you will have healthy meal options too.

Aqua aerobics is a fantastic form of exercise for seniors. As well as being cool in the pool, the resistance from the water strengthens muscles and is also low impact, making it especially helpful to those with painful joints or osteoporosis.

Birdwatching is a great activity to enjoy walking outside. Our animal friends are in peak migration, as it is nesting season for hundreds of different species.

Nature photography is another way to connect with the great outdoors and exercise. Snap pictures of wildflowers, capture sunsets for a week, or find unusual shapes and patterns in nature.

Lawn games, including croquet, bocce ball, and horseshoes offer fun for friends or family, while keeping you moving.

Mini golf is great fun for friends and family, and there are often benches to sit and rest if needed when playing 9 or 18 holes.

Tour public gardens in your area, and make sure to check the temperature and heat index to avoid peak sun hours.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com