



A guide to
**Your Healthy
Retirement**

 *Thrive*
by  Immanuel

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Thrive in Retirement

Wellness guidance from certified experts to help empower your fitness journey

We all know the importance of maintaining a healthy lifestyle, and for seniors, focusing on wellness has never been more important. But the health goals of your 20s differ from those of later years, and seniors often need to catch up on where to start. To make sure your health goals are on track for your best retirement, leave it to the experts. Our Thrive by Immanuel wellness

staff are all certified experts and understand the types of exercises most important for aging adults. With a focus on strength, flexibility, balance, endurance, and posture, they offer their best advice for ensuring your muscles, joints, and heart keep up with your retirement goals.

*Get started on your wellness journey.
Schedule a visit with a Thrive by Immanuel expert today.*

Strength

Muscle health shows up in nearly every day-to-day activity, whether lifting the groceries out of the car or going for a walk. Strength training is not just for bodybuilders; it is essential to aging health. Luckily, building strength is accessible and adaptable to every ability level. You can use free weights, your body weight, resistance bands, exercise machines, or even a simple walk on the treadmill to build strength in your retirement years.



Flexibility

Flexibility diminishes as we age, but don't worry; simple exercises can help you regain it. Easy yoga poses, Tai Chi, or quick neck and shoulder rolls are positive activities to incorporate into your health routine. Good flexibility helps improve your joint's "range of motion," or the ease of movement in the legs, arms, hips, and shoulders. Proper movement ensures you stay on your feet and injury-free.





Balance

When it comes to balance, the old saying holds true — if you don't use it, you lose it. Good balance leads to better mobility, making your retirement much more active. Balance is your ability to center gravity over your base of support. Many aerobic and strength exercises incorporate balance training, meaning you can participate in that golf resort vacation or that European vacation tour.

Endurance

Aerobic exercise is usually the first addition to a new health routine, and for seniors, it couldn't be more critical. Building endurance through exercise improves the efficiency of the heart, lungs, and blood vessels to transport oxygen throughout your body. Risk factors for heart disease, diabetes, and other chronic conditions can all be reduced by adding aerobic exercise to your health routines. When choosing a type of activity, find something you love — whether it's a group exercise class with friends, dancing, or walking.

Posture

Gravity inflicts pressure on the joints, and proper posture ensures that pressure is distributed evenly. For seniors, especially those at risk for osteoporosis, posture becomes extremely important for joint health and to prevent falls or injuries. Strength and stretching exercises help improve posture and are easy additions to a healthy wellness routine.



More Than a Gym

Thrive wellness centers and day spas are hubs for active, engaged resident health and fitness.

Members of Thrive include residents of adjacent Immanuel communities and the general community. Expert staff provide exceptional programming of the body, mind, and spirit, helping seniors lead an active lifestyle and thrive by being fully engaged.

Thrive wellness centers offer a variety of cardiovascular and strength training equipment, including state-of-the-art NuSteps, treadmills, elliptical machines, stationary bikes, free weights, and strength training machines. The wellness centers are staffed by wellness professionals who are available to assist and answer any questions or meet one-on-one to create a personalized program.



Glossary of Terms

Aerobic: Physical exercises or activities that increase heart rate and oxygen consumption, improving cardiovascular health and endurance.

Elliptical Machine: Exercise equipment designed for cardiovascular workouts that simulate stair climbing, walking, or running motions while reducing impact on joints.

Free Weights: Gym equipment, such as dumbbells or barbells, used for strength training exercises that involve lifting and resistance against gravity.

Nu Steps: State-of-the-art exercise equipment similar to elliptical machines, designed for low-impact cardiovascular workouts, suitable for seniors and individuals with mobility issues.

Resistance Bands: Elastic bands or tubes used for strength training exercises provide resistance to muscle contractions and enhance muscle strength and tone.

Stationary Bike: Exercise equipment resembling a bicycle that remains stationary while pedaling, provides low-impact cardiovascular workouts, and improves leg strength and endurance.

Strength Training: Physical exercises or activities aimed at building muscle strength, endurance, and power, typically involving resistance against weights, machines, or body weight.

Tai Chi: An ancient Chinese martial art characterized by slow, flowing movements and deep breathing, promoting relaxation, balance, flexibility, and overall well-being.

Yoga: A holistic practice combining physical postures, breath control, meditation, and relaxation techniques, improving flexibility, strength, balance, and mental clarity.



1044 N. 115th Street, Suite 500 Omaha, NE 68154 P: 402-507-4899

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