

## Benefits of Home Health Care: Exercise

Home health care can include a wide range of services from skilled nursing and therapy to wound care and medication management. Many people don't know that it can also include support for activities of daily living including helping the patient with physical therapy or a regular exercise program.

### Here are just some of the ways that patients can benefit from regular exercise:

- **Maintain independent living.** Exercise can help you stay in your home as well as increase your strength and endurance. Our care givers can customize an exercise plan for you and help monitor your progress.
- **Better cardiovascular health.** Physical activity can reduce the chance of a life altering cardiovascular event, like a heart attack or stroke. A supervised exercise plan is a great preventive intervention.
- **Improve mental health.** Exercise has been shown to reduce anxiety and depression.
- **Help with flexibility.** Osteoarthritic pain poses a significant issue for older adults, with joints and muscles becoming stiff and immobile. With a good exercise plan, and with the use of stretching and strength training, that pain can be reduced.
- **Improve strength.** As we age, muscle wasting happens without exercise. With a good exercise plan, muscle wasting is minimized and the increase in strength can help you keep your independence and assist in performing all parts of daily living.
- **Prevent falls.** With increase in strength and flexibility, the chance of falls and loss of independence in your home decreases.
- **Improve sleep.** Getting enough sleep is important for mental and physical health. With a good, supervised exercise plan you could see a decrease in issues that are keeping you from getting enough sleep.
- **Increase confidence.** With increased strength and flexibility, there is an increase in confidence from being able to complete your own activities of daily living.
- **Increase lifespan.** Exercise not only adds years to your life, but also improves the quality of those years.

Home Health Care services are available at 100% No Cost to you through your Department of Labor benefits.

To learn more about how you can benefit from a regular exercise program or how CNS Cares can help, talk to our Care Team at [877-259-9001](tel:877-259-9001) or contact us at [info@CNSCares.com](mailto:info@CNSCares.com)



#### WHAT WE DO

CNS Cares provides unparalleled home health care to the American Workforce who want to remain:

**Independent**  
**Comfortable**  
**Safe**  
**Confident**

CNS Cares will support and care for them and their families every step of the way.

#### WHO WE ARE

Our people are the heart of CNS Cares. We are honored to care for those who have sacrificed their health for their country. Our patients are heroes, and it's our privilege at CNS Cares to treat them as such – to recognize and value their service by providing them and their families:

**Honor**  
**Respect**  
**Care**  
**Service**

#### WHO WE HELP

We provide care to the following patient groups:

**Uranium Miners, Millers and Transporters**

**Nuclear Weapons Plant Employees or Contractors**

**Former Coal Miners**

**Workers' Compensation Claims**

**Veterans of the United States Armed Services**