

Why Is It Important to Have a Healthy Active Lifestyle?

Active living means integrating physical activity into your everyday routines. This could include riding your bike to the grocery store or taking the stairs instead of an elevator when the option is available. And, as always, incorporating exercise into your routine three or four times a week strengthens your well-being.

By staying physically active, you're doing a favor to both your mental and physical health. Benefits include healthy weight management, lower blood pressure, reduced risk of depression, stronger bones and more. Studies even show that [regular physical activity adds years to your lifespan](#) – so you'll live longer simply by staying active.

At Stonebridge at Montgomery, we know an active lifestyle is vital to your health and well-being, which is why we offer engaging programs to ensure residents keep moving. This post explores ways you're able to stay active right within our community.

Find Ways to Live an Active and Healthy Life

As a Springpoint Senior Living community, Stonebridge at Montgomery offers [LivWell](#). This award-winning holistic wellness program goes far beyond traditional healthy living activities and caters to each of the seven dimensions of wellness with a genuine understanding of your physical, intellectual, emotional, social, environment, spiritual and vocational needs. Every team member undergoes specialized training and works with residents to develop our events and activities.

Along with engaging programming, our community offers a variety of both indoor and outdoor amenities for you to use to stay active. For those looking for something inside, our state-of-the-art [fitness center](#) has everything you need for an effective workout. You're able to spend time in the gym by yourself or join us for some of our structured group fitness activities, like Restorative Yoga or our Slow-Paced Walking Group. We also offer an indoor, heated [pool](#) for your use year-round.

When the weather is nice, venture outside and enjoy our [grounds and walking trails](#). You'll take pleasure in strolling or jogging in stunning greenspace, surrounded by plenty of fresh air and sunshine. If you have a green thumb, you'll especially delight in the on-site [greenhouse](#). Here, you can spend time getting your hands dirty while taking part in a low-impact workout, one of the many [secret health benefits of gardening](#).

The best part about keeping an active lifestyle at Stonebridge? Everything you decide to participate in is your choice. LivWell is unique due to its personalized approach. You're invited to take a questionnaire when moving into the community that helps you recognize your most important goals, and our staff can share information on LivWell activities and programs that can help you achieve those objectives and fit your lifestyle using resources right within the community. Plus, our amenities are always available for your use.

Learn More about Active Living at Stonebridge at Montgomery

With LivWell, wellness is ingrained in everything we do at Stonebridge at Montgomery. [Contact us](#) today to learn more about active lifestyle opportunities or to schedule your personal tour.