



"In 2018 we had over 80% of our residents participating in at least three physical fitness sessions a week!"

Ayles Herrington, Wellness Director
Sterling Estates of West Cobb

MOVEMENT *equals* IMPROVEMENT

Sterling Estates Senior Living Communities (2 locations - East and West Cobb)

www.sterlingestateswestcobb.com | www.sterlingestateseastcobb.com

M"MOVEMENT EQUALS IMPROVEMENT." That is a clever phrase used consistently by the wellness teams at Sterling Estates Senior Living Communities. After spending time touring their state-of-the-art fitness facilities, we can say this is much more than just a phrase. It's a 'philosophy.' The Wellness Directors and their teams are well versed and serious about how beneficial staying physically active is for their residents, and this philosophy seems to trickle into every aspect of community life.

It's common knowledge older adults who do more aerobic physical activity have reduced risks of age-related physical problems, accidents, and ailments. Additionally, consistent activity substantially and positively affects their mental attitudes, sleeping habits and overall quality of life. We didn't realize though that the latest research indicates sticking with exercise routines as we age reduces the incidence of many cancers, dementia, anxiety, depression, and weight gain.

It's tough motivating ourselves sometimes to be more active, and it's even tougher on our own to encourage our aging parents and loved ones to exercise more. What we noticed at Sterling Estates is how impactful the Wellness Directors

are with motivating residents. The group participation of the many classes offered on site seems to be a big factor instilling a community-wide mindset of wellness and activity.



We spoke with *Ayles Herrington*, Wellness Director at Sterling Estates of West Cobb, who explained, "Our residents enjoy the camaraderie, and we know it produces better results when we are all encouraging each other to stay as independent as possible."

The Centers for Medicare and Medicaid Services are addressing the common issues of isolation and loneliness in the baby boomer generation.

They say that caregivers and loved ones who deliberately provide environments for regular social interaction really helps. This is positive affirmation of Sterling Estates' approach to wellness as a core value. Herrington agrees and has witnessed improvement in overall happiness for many residents who move into Sterling Estates from their homes where there was less social interaction with their peers.

How is Sterling so effective in getting residents to participate in its wellness programs? Aside from the natural motivation that occurs in group settings, we think it's because their Wellness Directors build relationships with