

**“I am determined
to continue this
program and reap
all the benefits
I can from it.”**



A M I C A[™]
Mature Lifestyles

Live life to the fullest, with
Amica's Principles of

**WELLNESS
& VITALITY**[™]

and exclusive

***m*POWER**[™]

program of customized strength
training and exercise for
mature adults.

Find an Amica Wellness
& Vitality[™] Community
in your neighbourhood.

In the West call:
1.877.447.4827

In the East call:
1.888.264.2299

or visit www.amica.ca



A M I C A[™]
PRINCIPLES OF
**WELLNESS
& VITALITY**[™]



Our trademarked principles of Wellness & Vitality[™] are offered at each and every one of our Amica Mature Lifestyle communities across Canada. These Wellness & Vitality[™] principles encourage friendships, new experiences, an improved healthy lifestyle and an inviting sense of community.

With input from our residents, we strive to continually introduce new programs that will compliment their quality of life and overall health. This is done through a concerted effort to 'nurture the spirit'. At Amica, we value the ideas, interests and experiences of each community member. This is reflected in the purposeful design of programs and opportunities that promote holistic well-being. The connection between physical, mental and spiritual well-being is of paramount importance to us.

The results speak for themselves.



www.amica.ca

OUR WELLNESS & VITALITY™ PHILOSOPHY

Amica's Wellness & Vitality™ services, programs and initiatives ensure that our community members are informed, supported and encouraged to embrace a lifestyle that has continued meaning, purpose and value.

Amica's Wellness & Vitality™ philosophy values and promotes active aging. As a result, program offerings are provided under six broad dimensions; physical, social, emotional, spiritual, cognitive and vocational. Together these dimensions comprise the whole person and respect mature adults' abilities to make independent choices based on their personal interests, capacities and related needs. Programs and initiatives in these six dimensions ensure that community members have multiple opportunities to continue to thrive and flourish. The cultivation of meaningful relationships in conjunction with experiences that foster a renewed passion for life are the hallmark of Amica's Wellness & Vitality™ philosophy.

You are invited to visit any one of our communities and experience how Amica's refreshing Wellness & Vitality™ concept adds life to years!

STRENGTH TRAINING ... a step in the right direction

Strength is a crucial component to the quality of life, regardless of age. Without strength, even the most basic tasks can be difficult or impossible without assistance. The primary goals of Amica's daily exercise programs are: to increase or maintain functional strength and to help minimize the biological changes of aging.

Our specially designed programs can increase stability, mobility and function while maximizing psychological health. Did we mention they are fun too! From simple stretching or balance exercises, to AquaFit classes, our residents reap the benefits that strength, agility and balance bring to their lifestyle and overall sense of well-being.



AMICA'S EXCLUSIVE mPOWER™ PROGRAM

... proven results

mPOWER™ is a personalized program that strengthens and conditions the upper and lower body through a multi-faceted progressive resistance training system that uses:

- Low impact air powered (pneumatic) resistance machines
- Free weights
- Elastic resistance bands
- Balance exercises
- Bodyweight exercises

This program is done in Amica's onsite fitness centres. Since its inception in 1999, mPOWER™ has seen some tremendous results.

- Residents demonstrated through functional tests, that their muscular strength and endurance improved, as well as their walking speed and balance.
- Some residents improved the strength of their thighs and hips by up to 120%.
- Others talk about how building up their muscles & strength, is building up their confidence too. This enhanced their energy and their moods.

CUSTOMIZED STRENGTH TRAINING AND EXERCISE FOR MATURE ADULTS.

Benefits of Participating in a Regular Exercise Program:

- Continued independent living
- Better physical and mental health
- Improved quality of life
- More energy
- Move with fewer aches and pains
- Better posture and balance
- Improved self-esteem
- Weight maintenance
- Stronger muscles and bones
- Relaxation and reduced stress
- Meet new people
- Improved sleep

Being active reduces the risk of:

- Heart disease
- Falls and injuries
- Obesity
- High blood pressure
- Adult-onset diabetes
- Osteoporosis
- Stroke
- Depression
- Colon cancer

mPOWER™ is empowering our residents coast-to-coast ... our seniors are experiencing enhanced physical and mental health and an overall better quality of life!

OUR Resident Testimonials:

"The exercises make me feel invigorated. My flexibility has really improved. It is mentally stimulating and fun!"

~ Resident, Amica at Mayfair, BC

"The Wellness & Vitality™ Program has given me vitality, strength and happiness."

~ Resident, Amica at Villa Da Vinci, ON

"It gives me an all over feeling of well-being."

~ Resident, Amica at Mayfair, BC

"The benefits of the Wellness & Vitality™ mPOWER™ Program is what makes us feel we made the right choice in moving here. My strength on the machines has doubled in the past year." ~ Resident, Amica at Mayfair, BC

"It is a pleasure to be a participant in such stimulating and fun classes."

~ Resident, Amica at Rideau Manor, BC