



INSPIRIT
SENIOR LIVING

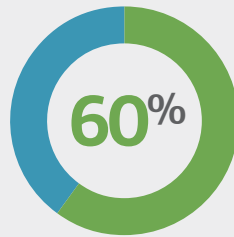
DID YOU KNOW?



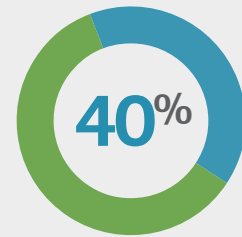
LONELINESS AND SOCIAL ISOLATION



According to a poll conducted by AARP, in conjunction with The University of Michigan, of adults between the ages of 50 and 80...



Report feeling lonely.



Report feelings of complete social isolation.

MALNUTRITION



60%

of seniors who visit emergency rooms are malnourished*



33%

of seniors admitted to the hospital are malnourished*

*Statistic from Boston University's School of Public Health

LACK OF EXERCISE



Per the CDC, by age 75, one in three men and two in three women do not engage in any physical activity regularly. Lack of exercise has been linked to decreased bone and muscle mass, heart disease, and increased risk of falls.