

## 5

## Fund fitness for seniors



The Ontario government should do more to support fitness for seniors.

Recent studies show that fitness activities can reduce health care costs by over \$2,000 per person.

Proactively funding senior fitness is an innovative way to encourage better health and relieve excess costs from the beleaguered system.



**Ontario Election Day is  
Thursday, June 2, 2022**



**CARP demands this action NOW.**

The provincial government should introduce a \$1,200 refundable tax credit that will incentivize more seniors to take part in fitness programs, and more providers to create such programs and opportunities. There are already some programs (such as High Five For Older Adults) that would see participation rates increase if there were financial incentives.

There is a lot of scope in this area!

The provincial government should work more actively with regional and municipal governments to revisit their existing recreational programs, and redesign them to better meet the needs and demands of older adults in their communities.

Local communities will also find cost savings in other programs, if they can do more to boost the health and fitness of their aging population.

