

Exercise Tips For The Elderly

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HOW TO BUILD YOUR STRENGTHS
IN THE GOLDEN YEARS IN ORDER TO LIVE LONG
AND STAY HEALTHY

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Foreword

Generally, fit individuals as old as 90 can decrease their tendency to fall by up to fifty percent through physical activity and balance training. Although bone fragility demonstrates one hurdle for elderly persons, the corollary element of that risk is that many fractures occur due to a fall. A lack of strength and balance makes it more probable that an elderly individual will fall and break a bone or injure a joint. It's possible for seniors to improve their muscle strength and balance to assist in preventing falls.

Incorporating balance training and functional training, developing core strength, and in general remaining active can help improve muscle strength, acquire response time and increase mobility, and provide a better sense of balance and coordination. These benefits are also a foundation for increased physical activity, which can decrease bone loss by maintaining remaining bone tissue, enhance general fitness, and decrease pain and chance of injury.

Exercise Tips For The Elderly

How to build your strengths in the golden years in order to live long and stay healthy.

Chapter 1:

Examples for Exercise for Strength, Flexibility, and Balance

Synopsis

Seniors should try common balance exercises to start building their defenses against serious falls. Several balance exercises are really simple to do – you will be able to do them in your living room! To begin, hold onto a table, chair, or doorway to help you. You are able to also ask somebody to spot you. As you advance, grasp with only one hand, then with a finger, then hands-free.

For individuals especially steady on your feet, you also can challenge your balance by attempting these exercises with your eyes closed. Only do what you're comfortable doing – there's no sense in falling in your efforts to prevent a fall, after all. Basic balance exercises include walking heel-to-toe, raising and lowering yourself in a chair, and single leg stands. The details of each exercise are listed below.

Examples for Exercises

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Get Seniors On The Ball for Strength and Flexibility

An exercise ball workout is a secure and efficient way to introduce balance exercises to older adults, because the stability of the ball can be adjusted to suit a range of skill levels. Alternatively, the Egg Ball provides more contact with the floor, so it's well suited for balance training for seniors.

As an introduction to balance exercises for older adults, start with a simple back stretch on an exercise ball or Egg Ball:

- Sit on the ball with your feet flat on the floor and your hands behind your head.
- Take small steps forward, allowing your back to roll onto the ball.

Elderly with health problems tips for them!

Exercises generally suggested for individuals with osteoporosis.

If you're in generally good health, but do suffer from osteoporosis, gentle weight-bearing and balance-focused exercises could help you decrease bone loss, conserve bone mass, and stay physically active. Walking, low-impact aerobics, dancing, yoga, Pilates, and swimming are all great choices that let you go at your own pace, but that provide functional training.

Note that swimming isn't a weight-bearing exercise, but it's often a favored exercise for individuals with severe osteoporosis because it improves cardiovascular fitness and muscle strength while removing the risk of a fall. Naturally, always consult a health care professional before integrating any new activity into your exercise regimen.

Because individuals with osteoporosis have bones prone to fracturing, they should avoid high-impact activities, and activities in which sudden motions and potential falls are likely. Such activities include high-impact aerobics, exercise requiring sudden jolts, stops and starts - such as tennis or squash - or activities, exercises that require a twisting motion, such as a golf swing, and any other activity that requires forceful movements. Because golf, tennis, running and other activities included in this list are enjoyable ways

for seniors to stay fit, definitely consult with a health-care professional about whether you should be participating in such activities, and how often and at what intensity.

Stroke patients have exceptional challenges, and balance training can be a crucial part of rehabilitation. People who have suffered a stroke often are coping with limited mobility, balance challenges, and having to re-learn everyday movements.

According to research from Concordia University in Montreal, performing balance exercises under different sensory conditions can help improve postural stability in post-stroke patients. Because people rely on vision, limb sensations and the inner ear to maintain standing balance, it is possible to create different balance challenges by altering the inputs to one of those senses. Due to the physical implications of stroke, patients often rely heavily on their vision to maintain balance. Having these patients perform balance exercises in the dark or with eyes closed, or using a moving focal point, can help engage the limbs and inner ear and enhance the effectiveness of rehabilitative balance training.

Chapter 2:

Moderation and Regular Exercise Are Beneficial

Synopsis

Moderation and regular exercise are beneficial. Remember that you'll reap the most benefits from exercise done in moderation. Moderate, regular exercise is an essential part of any osteoporosis treatment program.

However, any program should be undertaken with your doctor or physical therapist's advice and guidance, and should be begun slowly. Overly vigorous exercise could actually counteract your goals and may reduce the risk of injury.

Incorporate balance and functional training into your existing cardiovascular and strength regimen; don't just increase the amount of work you do – change the mix. Remember, you can do more harm than good by doing strength exercises too often. Don't exercise the same set of muscles 2 days in a row.

Regular Exercise in Moderation

Remember that you'll reap the most benefits from physical activity if done in moderation. Moderate, regular physical activity is a crucial part of any osteoporosis treatment program. Nevertheless, any program should be undertaken with your doctor or physical therapist's advice and guidance, and should be begun slowly.

Overly vigorous exercise could actually counteract your goals and may reduce the risk of injury. Incorporate balance and functional training into your existing cardiovascular and strength regimen; don't just increase the amount of work you do – change the mix.

Remember, you will be able to do more harm than good by doing strength exercises too often. Do not exercise the same set of muscles 2 days in a row.

Regular exercise will provide the greatest degree of benefit for seniors. Most individuals get more out of their senior fitness programs when they exercise regularly (3 to five times a week) and when they incorporate different forms of training into their routine. Seniors will also benefit from such a regular but broadened fitness program.

Try to do 15 minutes to one hour of continuous aerobic activity two to three times per week. Execute balance exercises at a level that challenges you but that you are able to perform safely (hold onto something or be sure to have a spotter accompany you!) for a few minutes at least twice a week.

Incorporate some core strength training, like Pilates, or other abdominal

and back muscle exercises, on the same days that you work your balance. As you build your functional strength and stability, integrate weight training twice per week, focusing on exercises to strengthen the lower limb, trunk and arm muscles.

Finally, include stretching exercises in every workout to promote flexibility and prevent tightness that can lead to hindered balance and injury.

Three different exercises for seniors!

Senior Balance Exercise 1: Single Leg Stand

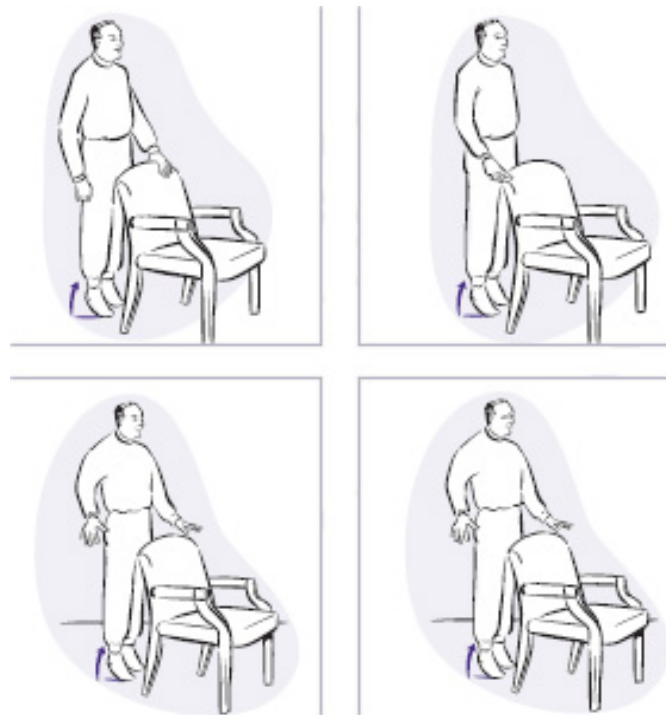
Stand on one foot. Alternate on which leg you stand. Try doing this on different surfaces and at different times of the day. This exercise will help you build your balance, and it will help you identify balance deficits.

Senior Balance Exercise 1: Walk Heel-to-Toe

You might recall this movement from balance beam work in grade school, or just as a childish pastime in which you tried to walk along a crack in the sidewalk. Just position the heel of one foot directly in front of the toes of your opposite foot. Alternate each time you take a step. You may need or want to use your arms to help balance you.

Senior Balance Exercise 1: Chair Work

Getting into and out of the seated position can be a challenge for seniors. The movement requires balance and core strength, so that – even if it's hard for you – it is a good thing to practice standing up and sitting down without using your hands.

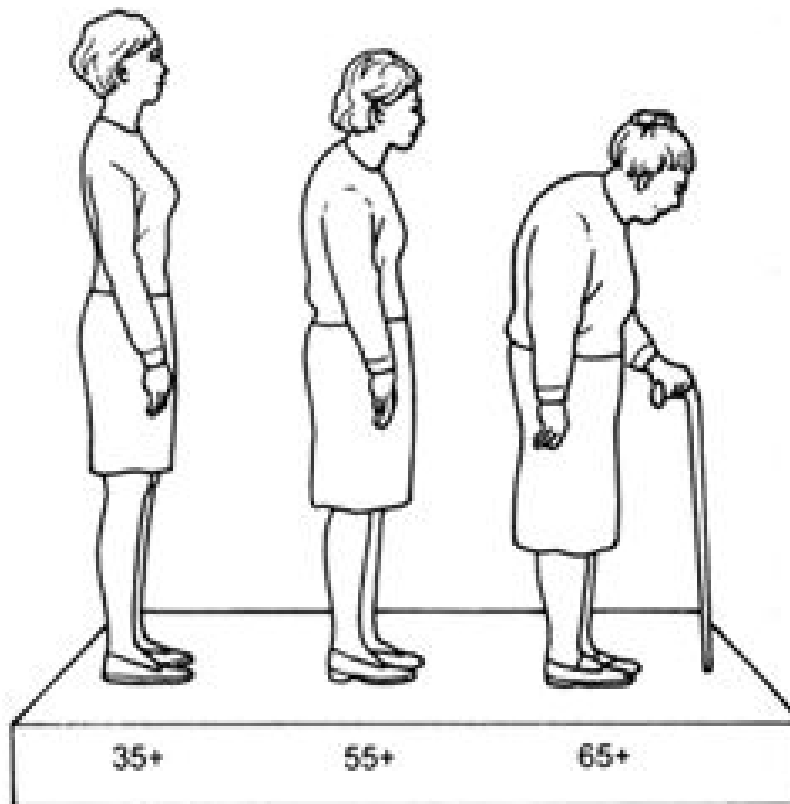


Chapter 3:

Decrease the Chances

Synopsis

Exercise can help prevent bone loss, even in individuals already suffering from osteoporosis. A sedentary life style promotes the loss of bone mass and, for several years, doctors and scientists have been educating younger individuals that they can prevent bone loss through a calcium-rich diet and regular activity, including weight-bearing exercise.



Decrease the Chances

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Although this is excellent information for individuals who didn't have osteoporosis already, it didn't provide people help for people already suffering from severe bone loss with any way to help strengthen their musculoskeletal systems, prevent falls, or ensure faster recovery.

The great news is that more recent research suggests that individuals with existing osteoporosis can also benefit from exercise because exercising regularly not only cuts down the rate of bone loss, it also conserves remaining bone tissue, reducing the risk of fractures.

It can also help build the muscles surrounding your bones, increase flexibility in the joints, and generally enhance the ability of your muscles, tendons and joints to support and protect the bones.

To further reduce the risk of falls besides exercise, make your living areas safer. A lot of seniors spend a good deal of their time at home, and half to two-thirds of all falls occur in or around the home.

Most fall injuries are caused by falls on the same level, instead of falls down the stairs. To make living areas safer, seniors should remove tripping

hazards, such as throw rugs and clutter in walkways and install non-slip mats in the bathtub and on shower floors.

Installing grab bars next to the toilet and in the tub or shower and having handrails put in on both sides of stairways will also give seniors a way to break their fall should they trip or slip. Finally, improving improve lighting throughout the home can also help.



Chapter 4:

Why Else is Physical Activity Important

Synopsis

Many people during their 'mid-life' years experience slow and steady weight gain. This generally comes when least expected, but takes a good few years for the full effects to set in; weight gain. This is actually referred to as 'Creeping Obesity', in which you gain weight slowly over a longer period of time (few years), and all of a sudden realize what's happened not truly recognizing the root cause. Well, that's what I'm about to share.



Other Important Reasons

Several individuals during their 'mid-life' years feel slow and steady weight gain. This normally comes when least expected, but takes a good few years for the full effects to set in. This is in reality referred to as 'Creeping Obesity', in which you gain weight slowly over a longer time period (few years), and all of a sudden realize what's happened not truly acknowledging the root cause. Well, that's what I am about to share.

If there were four keywords to exercise, they would be "Eat Less, Move More". When you do the exact opposite (Move Less, Eat More), that's where Creeping Obesity comes from. It is due to individuals not recognizing the fact that they're eating just slightly too much, and not exercising at all or just not enough. With this pattern, it could take you a whole month to gain a pound. But compound that over a couple of years and one could gain 30-40 pounds. How do we stop it? Rock the four keywords, "Eat Less, Move More".

Do not slack off as you age with your bodies; exercise and eat properly instead. If you "Eat Less (and) Move More", you will be on a beneficial track to continued great fitness and good health.

Aging and your Metabolism

Are they associated? Well, yes and no. Individuals think that because they age they automatically have a more sluggish metabolism than when they were younger. Well yes, your metabolism does slow as you get older, but not for the reasons most believe. It doesn't just slow because you get older, but instead because you stop moving as much.

Your metabolism works off two main things: genetics and lean muscle mass. If your parents were lethargic, you'll be more disposed to lead that kind of life based upon your genetics. Not all individuals are that way though. The main reason metabolism slows with age is based upon your lean body mass. When you are younger you move more, and as individuals get older they move less. Consequently the lean body mass of a person will reduce unless they continue exercising or begin to exercise more. Also, if you have very little lean muscle mass then you will not burn as many calories in a day as somebody who has lots of muscle mass.

In closing, if you would like to be sure your metabolism does not slow as you begin to age then exercise and move to stay in shape, keeping that lean muscle mass in check.

Wrapping Up

The advantages of physical activity throughout life are often touted. But is it safe for seniors older than 65 years to exercise? Absolutely.

According to the American Academy of Family Physicians nearly all older individuals can benefit from more exercise. Regular physical activity protects from chronic disease, improves mood and lowers chances of injury.

With time, the body does take a little longer to mend itself, but moderate exercise is great for individuals of all ages and of all ability levels.

As a matter of fact, the benefits of your elderly parents exercising on a regular basis far outweigh the risks. Even older individuals with chronic illnesses can exercise safely. Several medical conditions are improved with exercise, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure and obesity.