



Exercising as a Senior

Regardless of your age, you can exercise and improve your health. Physical activity is good for your heart, mood, and confidence. Many older people think they are too old or too frail to exercise. Nothing could be further from the truth! Research has shown that regular exercise in older people can reduce the chances of adult onset diabetes, can lessen arthritis pain, and can be great for their overall mental health.

Here are some helpful hints in helping your elder get started in an exercise program and staying active.

- They should choose activities that they enjoy.
- Physical activity should become a part of each day.
- They should stop and check with their doctor right away if they develop a sudden pain, shortness of breath, or feel ill.
- Exercising with a group or with a buddy is always a great way to stay active.
- They should be realistic in what activities they can do.