

Exercise and Fitness as You Age

Starting or maintaining a regular exercise routine can be a challenge as you get older. An active lifestyle is more important than ever as you get older. Regular exercise can help boost energy, maintain your independence and manage symptoms of aging. Exercise is also good for your mind, moods and memory. Whether you are generally healthy or are managing an illness, or even housebound, there are plenty of ways to get more active, improve confidence and boost your fitness.

No matter your age or current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't have to involve strenuous workouts or trips to the gym. It is about adding more movement and activity to your life, even in small ways. Here are some ways to get your body moving and improve your health and outlook.

The Chair Stand exercise

What this exercise does: strengthens the muscles in the abdomen and thighs

Exercise Instructions

1. Sit toward the middle or front of a chair and lean back so that you are in a half-reclining position, with back and shoulders straight, knees bent, and feet flat on the floor. Be sure to place pillows against the lower back of the chair first, to support your back and keep it straight.
2. Using your hands as little as possible (or not at all, if you can), bring your back forward so that you are sitting upright. Your back should no longer be leaning against the pillows.
3. Keep your back straight as you come up, so that you feel your abdominal muscles do the work; don't lean forward with your shoulders as you rise.
4. Next, with feet flat on the floor, take at least 3 seconds to stand up, using your hands as little as possible. As you bend slightly forward to stand up, keep your back and shoulders straight.
5. Take at least 3 seconds to sit back down.
6. Your goal is to do this exercise without using your hands as you become stronger. Repeat 8 to 15 times. Rest; then repeat 8 to 15 times more.

Triceps Dip Exercise for seniors

What this exercise does: The alternative triceps dip helps strengthen and tone the back of the upper arm.

Exercise Instructions:

1. Sit in chair with armrests.
2. Lean slightly forward, keep your back and shoulders straight.
3. Grasp arms of chair. Your hands should be level with trunk of body or slightly farther forward.
4. Tuck feet slightly under chair, heels off the ground, weight on toes and balls of feet.
5. Slowly push body off of chair using arms, not legs.
6. Slowly lower back down to starting position. Pause.
7. Repeat 8 to 15 times.
8. Rest; then do another set of 8 to 15 repetitions.

Walking is a perfect way to start exercising. It requires no special equipment, aside from a pair of comfortable walking shoes, and can be done anywhere.

Senior fitness and sports classes are prevalent in most areas and have offerings for all fitness levels. Also, water aerobics and water sports – working out in water is wonderful for seniors because water reduces stress and strain on the body's joints.

Yoga combines poses with breathing. Moving through poses works on strength, flexibility and balance. Yoga can be adapted to any level.

See more exercise ideas at:

[Dailycaring.com/video-easy-effective-10-minute-chair-exercises-for-seniors](https://www.dailycaring.com/video-easy-effective-10-minute-chair-exercises-for-seniors)

<http://www.fitnessandfreebies.com/seniors/exercise/tricep>

www.helpguifr.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.htm