

Exercising for Healthy Orange Seniors

Benefits of Exercise

- Lack of physical activity and not eating the right foods is the second leading cause of death in the U.S. after smoking.
- Regular exercise can prevent or delay some diseases such as cancer, heart disease, or diabetes.
- Physical activity allows older people to remain independent longer.
- Weight control.
- Better sleep.
- More energy.
- Relief from depression.
- Reduced stress.
- Better ability to fight off colds and other illnesses.
- Relief for arthritis.
- Stronger bones and muscles, which can prevent falls and bone loss disease.
- Lower risk of high cholesterol and high blood pressure.
- Increase longevity.
- Improve body composition by increasing muscle mass, reducing body fat, and improving bone mineral density.

Physical Activity Facts

- 60% of adult Americans do not exercise regularly.
- 25% are sedentary.
- Physical activity levels decrease steadily with age.
- In adults aged 45-64, approximately 19% of men and 32% of women are inactive.
- In the age group from 65-74 years, approximately 20% of men and 36% of women are inactive.
- In adults over 65 years of age, approximately 40% of men and 58% of women are physically inactive.

Suggestions for Exercise Regimens

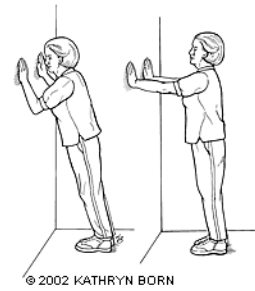
- Warm up for 5 minutes before each exercise session by walking or stretching.
- Experts recommend 30-50 minutes of aerobic exercise 3 to 5 days a week. Moderate to brisk walking is a good idea. The activity can be broken up as well. For example, you could do 10 minutes of aerobic activity 3 to 5 times per day.
- Build strong muscles by doing strength training that includes 8-10 different exercises incorporating the arms, shoulders, back, chest, hips, and legs. Do these 2 to 3 days per week.
- Stretching is important to maintain flexibility. Never stretch so far that it hurts. Do stretching exercises 2 to 3 days per week.
- Do exercises that help you practice balance such as standing on one foot, walking heel-to-toe, or sitting in a chair and standing without using your hands or arms for support.
- Cool down by stretching for 5 minutes after you finish exercising.
- Incorporate physical activity into your daily lifestyle. Walk or cycle to work. Use stairs instead of the elevator. Park your car at the far end of the parking lot so you have to walk further. Start gardening and taking walks at home.

- Wear loose, comfortable clothing and well-fitting sturdy
- Consult your physician before starting any exercise regimen.

shoes.

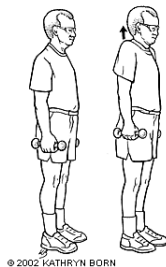
Specific Exercises

1. Wall push-ups.
 - Place hand flats against wall.
 - Slowly lower body to wall.
 - Push body away from wall to return to starting position.



2. Biceps curl.
 - Hold a weight in each hand with arms at your side.
 - Lift weights to your shoulders, bending arms at the elbows.
 - Lower weights to your side.

3. Chair squats.
 - Begin by sitting in a chair.
 - Lean slightly forward and stand up from the chair.
 - Try not to favor one side or use your hands to help you.



4. Shoulder Shrugs
 - Hold a weight in each hand with your arms at your sides.
 - Shrug your shoulders up toward your ear and then lower them back down.

Staying Active

- Get motivated by constantly reminding yourself of the benefits of physical activity.
- Choose an activity that you enjoy because then you will be more likely to stick to the regimen.
- Combine exercising with other activities. For example, lift weights or do sit-ups while watching TV. Take walks with your grandchildren or pets.
- If you're pressured for time, divide your activities into smaller sessions. Take a walk during your break at work and after dinner.
- Don't try to overdo it in the beginning, especially if you have a health problem. Start slowly and increase levels of activity later.

- Eating the right foods will help your body stay active by supplying it with the proper amount and form of energy.

Staying Safe--Always Check with your physician before beginning any physical activity!!

- Start off slow because doing too much too soon can hurt you, especially if you have not been active in the past.
- Don't hold your breath while straining because it could cause changes in your blood pressure. Breathe out when the muscle is doing work. Breathe in when the muscle is relaxing.
- If you are taking any medications or suffer an illness that affects your heart rate, do not use your pulse rate as an indication of how hard you should exercise. Some blood pressure medications known as beta blockers change the natural heart rate.
- Use safety equipment to avoid getting hurt with some activities. For example, wear a helmet when bike riding. Wear the correct shoes for walking and jogging.
- Be sure to drink plenty of water if you are going to sweat a lot unless your doctor has recommended that you limit fluids.
- Always bend forward from the hips, not the waist. The right way to bend keeps the back straight. The wrong way causes the back to "hump."
- Warm up your muscles before you stretch by doing light bike riding, walking, or light arm pumping.
- Exercise should not cause you pain. Soreness, some discomfort, tiredness are normal.

**Information gathered from:

www.aafp.org

www.familydoctor.org