

EXERCISE TO REMAIN HEALTHY

In recent times, information has been presented to demonstrate that exercise is helpful to people of all ages and people with many different health needs. Creating and sticking with an exercise routine can help to stop or prevent a number of different health problems. Moreover, even a little exercise or activity can help aging seniors manage their health conditions.

There are a number of different activities seniors can choose from to build an exercise program; most seniors choose to engage in endurance activities. These are exercises that build heart rate and breathing over a period of time. Some examples of endurance activities are jogging, swimming, and walking. In addition to these types of exercises, seniors should engage in some measure of strength training, as bones become weak if they aren't subjected to some weight bearing exercise. Strength exercises help to tone and build muscle tissue which in turn can help metabolic rates. Strength training should be included in your workout at least twice a week. It is important to start with a minimum amount of weight and gradually add weight. This should be followed by



Stretching exercises which help to maintain the range of flexibility which can lead to a more active lifestyle. It is especially important to remember to stretch after strength training exercises. You may have some soreness when you are finished, but you should never feel pain. Also Balance exercises recommended for seniors as it help to build strength in the legs which can assist with the prevention of falls and other loss of balance issues. This can prevent a number of disabling injuries for seniors. The most important part of incorporating exercise into life is choosing the right activity for you. Before starting any exercise program, seniors should

consult a doctor to ensure they are fit enough to engage in the program of their choice.

When you decide to begin choosing the appropriate exercise program for yourself, you must decide what you like to do best. If you have a personality type who enjoys the company of others in a team atmosphere, choose a team sport at a health club. If you prefer to be alone while exercising, consider solitary activities you might enjoy. Moreover, you need to decide if you enjoy an outdoor or indoor workout environment and things like exercise for short or long periods of time. You may love walking and hiking, but hate jogging. You may hate swimming but love cycling. The important thing to remember is that any type of exercise can be tailored to fit your needs.

There are several things to remember as you prepare to start your exercise program. First, start slowly. Engaging in too much activity right away isn't good for anyone, especially seniors. Build endurance gradually, Starting too quickly can lead to soreness and lack of interest in the workout. Stop at the point of exhaustion or when pain is involved. The saying "no pain, no gain" doesn't apply to seniors. It may take a long period of time, possibly months, to go from a sedentary lifestyle to working out on a regular basis. Also remember If you will be bending, bend from the hips and keep your back straight. Bending from the waist can cause spine fractures. It is important to remember that an exercise program can only work if you stay with it. There are several things that might encourage continued participation. You must think that the activity you are engaging in is worthy and that you will benefit from it. Additionally, you must feel as if you are doing the activities correctly and safely. If, in your younger days, you enjoyed riding a cycle, but you can't get on a cycle now, consider purchasing a recumbent bike. The most important thing to remember is just to engage in the activity you enjoy as often as possible. You could follow the same routine each day or

vary it from day to day. You may decide to ride a stationary cycle for fifteen minutes then engage in some gardening for a while. This variation not only ensures that you are meeting all of your exercise needs; it also makes the process more interesting.

Walking is a good choice for most people for a number of reasons. One reason it is so popular, additionally, there is a very low risk of injury associated with walking. It is relatively harmless on the joints as one foot is always on the ground. Therefore, when the other foot strikes the ground, it carries little more than a person's total body weight with it. Another benefit to walking is that it can be done anywhere. But remember whatever exercise program you choose, be sure to include a warm up period and a cool down session in your exercise routine. Stretching your arms and legs will increase your level of flexibility and decrease your level of soreness.