

SENIOR NUTRITION NOTES

January 2018

Exercise As You Age

As you grow older, an active lifestyle is more important than ever. Regular exercise can help:

- Boost energy;
- Maintain your independence; and
- Manage symptoms of illness or pain.

And not only is exercise good for your body, it's also good for your mind, mood, and memory. Whether you are healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness.

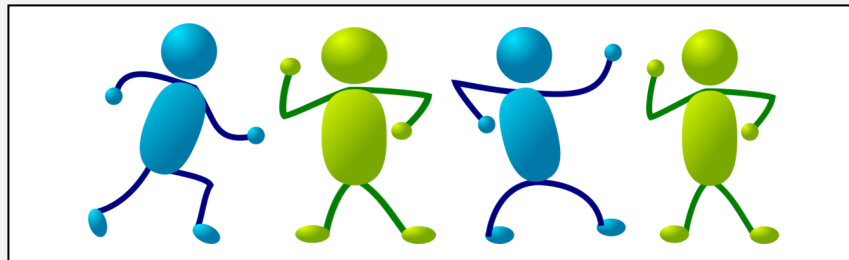


Get medical clearance from your doctor before starting an exercise program, especially if you have a pre-existing condition. Ask if there are any activities you should avoid.

If you have any concerns about your health and nutrition needs, consult a health care professional.

Activities that are beneficial to older adults:

- *Walking* - 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 sports or fitness classes* - Keeps you motivated while also providing a source of fun, stress relief, and a place to meet friends.
- *Water aerobics and water sports* - Working out in water is wonderful because water reduces stress and strain on the body's joints.
- *Tai Chi and Qi Gong* - Martial arts-inspired systems of movement increase balance and strength.



Adapted from "Making Physical Activity a Part of an Older Adult's Life"

<http://www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.html> and

<http://helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-go.html>