



# Live Healthy Georgia- Seniors Taking Charge

May 2009 Newsletter

Exercise your way through May



**The loss of strength and stamina attributed to aging is due, in part, to reduced physical activity!!**

## Why should I work out/ be physically active??

- Being physically active makes other tasks easier—doing chair and band exercises helps you stay strong enough to go for a walk or do other functional tasks.
- You will be strong enough to live a more independent lifestyle.
- Increased flexibility and range of motion.
- You will feel better.
- It can be very fun! ☺
- For your health...

## What are the health benefits of being physically active?

- Stronger bones (reduces risk of osteoporosis or fractures)
- Helps regulate blood sugar levels (diabetes)
- Increases metabolism
- Raises energy levels
- Lowers risk of heart disease
- Lowers blood pressure
- Lowers body fat %
- Decreases recovery time after operations
- DAILY physical activity is the most beneficial!

<http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html>

## Exercise Guidelines for Adults aged 65 years and over:

1. **Goal: 30 minutes** of moderate physical activity on most days of the week (those with physical limitations have adjusted goals)
2. If you can exceed this minimum of 30 minutes, do it! ☺
3. **Balance exercises** help strengthen the muscles that hold your body up when standing and help to prevent falls.
4. **Strength training** (lifting weights or doing band exercises) is essential because it helps prevent loss of muscle mass and bone.
5. **Flexibility** is very important! Stretch every day, especially after working out.

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## Examples of fun, moderate intensity exercises:

Walking for pleasure	Gardening
Yard work	Housework
Dancing	Golf
Badminton	Croquet
Shuffleboard	Lawn bowling
Table tennis	Yoga
Resistance band	Chair exercises

- Longer sessions of moderately intense activities such as walking or swimming
- Shorter sessions of more vigorous activities such as fast walking or stair-climbing

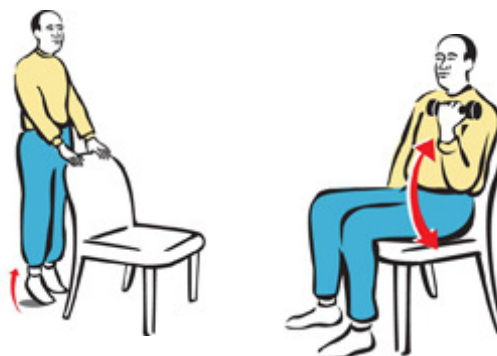
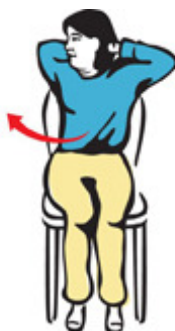
\*For the disabled:

- Moderately intense activities (such as 30–40 minutes of using a wheelchair)
- Shorter sessions of more intense activity (such as 20 minutes of wheelchair basketball)

## Disclaimers:

- Older adults and people with disabilities should consult their physicians before starting a new physical activity.
- The greater amount of time and the greater the intensity, the greater the benefits of exercise (but excessive amounts increase risk of injury).
- “Moderate-intensity aerobic exercise” means working hard at about a level 6 intensity on a scale of 10. You should still be able to carry on a conversation during exercise.
- Physical activity doesn't need to be strenuous to bring health benefits.

## Various stretching and strength exercises:



Check out more of these exercises here:

<http://www.americanheart.org/downloadable/heart/1233263328019STRENGTHBALANCE.pdf>