

EXERCISE FOR SENIORS

For adults over 65 years old, The Canadian Physical Activity Guidelines recommend:

- To complete 150 minutes or 30 minutes x 5 days per week of moderate-to vigorous- intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- To complete muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- To complete balance exercises to prevent falls.

What to consider BEFORE YOU start exercising:

START OFF EASY AND GRADUALLY BUILD:

Do not try to run a marathon if you have never run before. Instead, start with walking around the house, then progress to walk around your neighbourhood.

DO FULL-BODY EXERCISES:

It is important to know that one exercise can target multiple muscle groups and can count as both cardiovascular training and resistance training. Example: Stair-climbing

MAKE SURE YOU DO EXERCISES SAFELY:

If you have any pre-existing health conditions like diabetes, high blood pressure, and high cholesterol, please consult your doctor before starting an exercise program.

Stop exercising and consult your doctor if you experience the following:

- Light-headedness or dizziness
- Chest pain or tightness
- Decreased sensation in feet and hands



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At-Home Exercises

Sit-to-stands:



- Sit in a chair and then stand up.
- Try this 10 times in a row.
- To make it harder try it without using your hands.

Wall push-ups or push-ups on a sturdy surface:



- Place your hands against the wall or on a sturdy surface.
- Bend your elbows and bring your body closer to the wall or counter, then push your body back up to the starting position.
- Try this 10 times in a row.

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At-Home Exercises

Stair-climbing:

- If you live in an apartment or in a house, walk up and down 1-2 flights of stairs.
- Use the railing for support.

Walking around the house:

- Time yourself and walk around the house for 5-10 minutes.

Dancing:

- Play 2-3 songs and dance on your own.
- Pretend you're at a guayla and you are giving your best effort!

Balance exercises:

- Stand with your feet together.
- Stand with one foot in front of the other.
- Stand on one foot.
- Hold onto something if you need to!
- Try to hold these positions for 1-10s at a time.
- When they get easy, try and hold the position while closing your eyes!

