

Physical Activity For Older Adults



Endurance

Endurance, or aerobic activities increase your breathing and heart rate. They keep your heart, lungs and circulatory system healthy, and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing

Strength

Strength exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises are also called “strength training” or “resistance training”.

- Lifting weights
- Using a resistance band
- Using your own body weight

Balance

Balance exercises can help prevent falls, a common problem in older adults. Many lower-body strengthening exercises can also improve your balance.

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Flexibility

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement during exercise as well as for your everyday activities.

- Shoulder and upper arm stretch
- Calf stretch
- Yoga

Brain Health

Cognitive health is the ability to clearly think, learn, and remember. It’s also important to exercise our brains in addition to our bodies.

- Puzzles
- Crossword, word searches, or Sudoku
- Crossover activities (crossing right elbow to left knee and vice versa)