Physical Activity for Seniors

Tips for Encouragement during Class

1. **Do exercises at a slow pace.** Encourage a senior to do exercises at a slow and steady pace, they may be encouraged to stay active, which keeps the body in good condition.
2. **Make it fun.** Encourage seniors to find an activity they enjoy, which will make physical activity an event to look forward to. Incorporate variety into the exercise routine or change it up every now and then for added excitement.
3. **Set manageable goals.** Setting small physical activity goals is a motivator, especially when the goals are achieved.

Types of Physical Activity

Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER

IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201–217.
Jones, "Exercise, Immunity, and Illness," 317–344.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.

Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight
Reduces risk of weight gain

Independent Living
Helps people live independently longer

Bone Strength
Improves bone health

Balance and Coordination
Reduces risks of falls

Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity.html

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