

Exercise Safety Tips for Seniors

As we age exercise is one of the most important things we can do for our overall health.

Physical activity can help keep your muscles strong making day to day activities easier to do. And exercise can help lower your blood pressure, cholesterol, and stress; as well as help you to reach and maintain a healthy weight.

Follow this checklist to ensure you are being safe while being active.

Do: Wear sturdy shoes with ankle support and protection.

Do: Drink plenty of water, both before and after exercising.

Do: On very hot or cold days exercise indoors if possible.

Do: Warm up before your main exercise. This will get your muscles moving and ready to work, as well as help avoid injury.

Do: Talk to your healthcare provider about exercises that work with your ability and lifestyle.

Seated exercises and balance exercises are examples that can help you be active and increase your mobility.

Do: Start slowly and build up – even 10 minutes several days a week is a start.

Get up and move around your living area once an hour. Any bit of activity you do counts, no matter how small.

Do: Remove any fall risks, like floor rugs or electric cords, from areas where you exercise.

Do Not: Try to do too much too soon. Your body won't be ready for it and you could get hurt. Start slow and work up to your goal.

Do Not: Try anything that puts too much pressure on your joints or bones. As you age these can be spots where injuries are more likely to flare up.

Do Not: Continue to exercise if you develop chest pain or tightness, shortness of breath, dizziness or lightheadedness. Take a break and if these continue let your healthcare provider know.

Exercise is good for your body and mind - and essential for healthy aging.

By following this exercise checklist you can stay active in a safe way.