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# Foreword

Generally, fit individuals as old as 90 can decrease their tendency to fall by up to fifty percent through physical activity and balance training. Although bone fragility demonstrates one hurdle for elderly persons, the corollary element of that risk is that many fractures occur due to a fall. A lack of strength and balance makes it more probable that an elderly individual will fall and break a bone or injure a joint. It's possible for seniors to improve their muscle strength and balance to assist in preventing falls.

Incorporating balance training and functional training, developing core strength, and in general remaining active can help improve muscle strength, acquire response time and increase mobility, and provide a better sense of balance and coordination. These benefits are also a foundation for increased physical activity, which can decrease bone loss by maintaining remaining bone tissue, enhance general fitness, and decrease pain and chance of injury.

## ***Exercise Tips For The Elderly***

***How to build your strengths in the golden years in order to live long and stay healthy.***

# Chapter 1:

## *Examples for Exercise for Strength, Flexibility, and Balance*

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### Synopsis

Seniors should try common balance exercises to start building their defenses against serious falls. Several balance exercises are really simple to do – you will be able to do them in your living room! To begin, hold onto a table, chair, or doorway to help you. You are able to also ask somebody to spot you. As you advance, grasp with only one hand, then with a finger, then hands-free.

For individuals especially steady on your feet, you also can challenge your balance by attempting these exercises with your eyes closed. Only do what you're comfortable doing – there's no sense in falling in your efforts to prevent a fall, after all. Basic balance exercises include walking heel-to-toe, raising and lowering yourself in a chair, and single leg stands. The details of each exercise are listed below.

## **Examples for Exercises**

Seniors should try common balance exercises to start building their defenses against serious falls. Several balance exercises are really simple to do – you will be able to do them in your living room! To begin, hold onto a table, chair, or doorway to help you. You are able to also ask somebody to spot you.

As you advance, grasp with only one hand, then with a finger, then hands-free. For individuals especially steady on your feet, you also can challenge your balance by attempting these exercises with your eyes closed. Only do what you're comfortable doing – there's no sense in falling in your efforts to prevent a fall, after all. Basic balance exercises include walking heel-to-toe, raising and lowering yourself in a chair, and single leg stands. The details of each exercise are listed below.

### **Get Seniors On The Ball for Strength and Flexibility**

An exercise ball workout is a secure and efficient way to introduce balance exercises to older adults, because the stability of the ball can be adjusted to suit a range of skill levels. Alternatively, the Egg Ball provides more contact with the floor, so it's well suited for balance training for seniors.

As an introduction to balance exercises for older adults, start with a simple back stretch on an exercise ball or Egg Ball:

-Sit on the ball with your feet flat on the floor and your hands behind your head.

-Take small steps forward, allowing your back to roll onto the ball.

Elderly with health problems tips for them!

Exercises generally suggested for individuals with osteoporosis.

If you're in generally good health, but do suffer from osteoporosis, gentle weight-bearing and balance-focused exercises could help you decrease bone loss, conserve bone mass, and stay physically active. Walking, low-impact aerobics, dancing, yoga, Pilates, and swimming are all great choices that let you go at your own pace, but that provide functional training.

Note that swimming isn't a weight-bearing exercise, but it's often a favored exercise for individuals with severe osteoporosis because it improves cardiovascular fitness and muscle strength while removing the risk of a fall. Naturally, always consult a health care professional before integrating any new activity into your exercise regimen.

Because individuals with osteoporosis have bones prone to fracturing, they should avoid high-impact activities, and activities in which sudden motions and potential falls are likely. Such activities include high-impact aerobics, exercise requiring sudden jolts, stops and starts - such as tennis or squash - or activities, exercises that require a twisting motion, such as a golf swing, and any other activity that requires forceful movements. Because golf, tennis, running and other activities included in this list are enjoyable ways

for seniors to stay fit, definitely consult with a health-care professional about whether you should be participating in such activities, and how often and at what intensity.

Stroke patients have exceptional challenges, and balance training can be a crucial part of rehabilitation. People who have suffered a stroke often are coping with limited mobility, balance challenges, and having to re-learn everyday movements.

According to research from Concordia University in Montreal, performing balance exercises under different sensory conditions can help improve postural stability in post-stroke patients. Because people rely on vision, limb sensations and the inner ear to maintain standing balance, it is possible to create different balance challenges by altering the inputs to one of those senses. Due to the physical implications of stroke, patients often rely heavily on their vision to maintain balance. Having these patients perform balance exercises in the dark or with eyes closed, or using a moving focal point, can help engage the limbs and inner ear and enhance the effectiveness of rehabilitative balance training.



# Chapter 2:

## *Moderation and Regular Exercise Are Beneficial*

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### Synopsis

Moderation and regular exercise are beneficial. Remember that you'll reap the most benefits from exercise done in moderation. Moderate, regular exercise is an essential part of any osteoporosis treatment program.

However, any program should be undertaken with your doctor or physical therapist's advice and guidance, and should be begun slowly. Overly vigorous exercise could actually counteract your goals and may reduce the risk of injury.

Incorporate balance and functional training into your existing cardiovascular and strength regimen; don't just increase the amount of work you do – change the mix. Remember, you can do more harm than good by doing strength exercises too often. Don't exercise the same set of muscles 2 days in a row.

## **Regular Exercise in Moderation**

Remember that you'll reap the most benefits from physical activity if done in moderation. Moderate, regular physical activity is a crucial part of any osteoporosis treatment program. Nevertheless, any program should be undertaken with your doctor or physical therapist's advice and guidance, and should be begun slowly.

Overly vigorous exercise could actually counteract your goals and may reduce the risk of injury. Incorporate balance and functional training into your existing cardiovascular and strength regimen; don't just increase the amount of work you do – change the mix.

Remember, you will be able to do more harm than good by doing strength exercises too often. Do not exercise the same set of muscles 2 days in a row.

Regular exercise will provide the greatest degree of benefit for seniors. Most individuals get more out of their senior fitness programs when they exercise regularly (3 to five times a week) and when they incorporate different forms of training into their routine. Seniors will also benefit from such a regular but broadened fitness program.

Try to do 15 minutes to one hour of continuous aerobic activity two to three times per week. Execute balance exercises at a level that challenges you but that you are able to perform safely (hold onto something or be sure to have a spotter accompany you!) for a few minutes at least twice a week.

Incorporate some core strength training, like Pilates, or other abdominal

and back muscle exercises, on the same days that you work your balance. As you build your functional strength and stability, integrate weight training twice per week, focusing on exercises to strengthen the lower limb, trunk and arm muscles.

Finally, include stretching exercises in every workout to promote flexibility and prevent tightness that can lead to hindered balance and injury.

Three different exercises for seniors!

#### Senior Balance Exercise 1: Single Leg Stand

Stand on one foot. Alternate on which leg you stand. Try doing this on different surfaces and at different times of the day. This exercise will help you build your balance, and it will help you identify balance deficits.

#### Senior Balance Exercise 1: Walk Heel-to-Toe

You might recall this movement from balance beam work in grade school, or just as a childish pastime in which you tried to walk along a crack in the sidewalk. Just position the heel of one foot directly in front of the toes of your opposite foot. Alternate each time you take a step. You may need or want to use your arms to help balance you.

#### Senior Balance Exercise 1: Chair Work

Getting into and out of the seated position can be a challenge for seniors. The movement requires balance and core strength, so that – even if it's hard for you – it is a good thing to practice standing up and sitting down without using your hands.



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