



Moore Health Physiotherapy Explains: Fitness for Seniors

Just as we service our car to help keep it running reliably, maintaining a regular exercise program helps our bodies to function at its best. A regular fitness regime will not only help protect against chronic disease and injury, it can also improve mood and mental alertness.

Incorporating Exercise into your Daily Routine

When we think of exercise, physically intense activities such as running, swimming or biking often spring to mind. However, active hobbies like gardening, bird watching, and hiking can also be great forms of exercise. The key to sustaining health and fitness in the long term is to choose activities that you enjoy; this will make them much easier to incorporate into your everyday life.

Exercise & Ageing

Some seniors are reluctant to exercise as they think that it will put too much strain on their bodies. Whilst it is true that as we age our bodies will take a little longer to recover, moderate physical activity is beneficial for all ages. Of course, there are some people who have health conditions that require extra vigilance and attention. Under responsible supervision even seniors with degenerative conditions (such as osteoarthritis) can exercise. Good physiotherapy improve mobility, reduce the likelihood of falls, increase flexibility and strength, and reduce frailty.

Benefits of exercise

- **Physical Fitness and Health** — Exercise lowers the risk of a range of conditions including heart diseases, high blood pressure, obesity, osteoporosis and diabetes (to name a few).
- **Social Interaction** — From attending group classes to forming a walking group with friends, exercise can also help you stay connected with others and interested in the outside world.
- **Balance and Flexibility** — Regular exercise will help to improve balance, strength, flexibility, co-ordination and posture — all of which will help reduce your risk of falls. Greater flexibility can also reduce the pain of arthritis.
- **Increased Wellbeing** — Exercise decreases stress hormone levels and boosts endorphins. Endorphins are the body's natural feel-good chemicals. Exercise is a good way to increase your sense of personal wellbeing and confidence whilst alleviating feelings of stress and sadness.
- **Better Sleep** — People who exercise regularly tend to fall asleep quicker, sleep more deeply and wake less often during the night.
- **Mental Acuity & Alzheimer's Disease Prevention** — Research shows that regular exercise may help reduce the risk of Alzheimer's disease and dementia. Exercise encourages regular brain functions and can help keep the brain active. Exercise can also provide numerous benefits for Alzheimer's patients, including slowing the onset of the disease, reducing the risk of depression, and improving memory and circulation.

Senior Exercise Essentials

If you have any health concerns, if you are returning to exercise after a break or are considering beginning a new exercise regime, it is essential to undertake a full physical assessment with your health practitioner prior to commencement!