

# EXERCISES THAT ARE SAFE FOR SENIORS

CAREGIVERS



Easy Exercises for Seniors

## Easy Ways for Seniors to Exercise

Only about 28%-34% of people aged 65-74 are physically active. Exercise is essential for good health, but it can be risky if not performed properly. Use these exercises to encourage seniors to stay healthy. ([HHS.gov](https://www.hhs.gov))

Without physical activity, seniors are at greater risk of health problems like heart disease. Their bones are more fragile and their blood pressure is higher. A number of other problems can result from lack of activity. That's why seniors should use safe, easy exercises to stay fit. ([Cdc.gov](https://www.cdc.gov))

### Simple Indoor Exercises

Exercising indoors tends to be safer for seniors than outdoors. It is important to ensure movements are gentle and can be adapted for different limitations so as to not over-exert aging hearts, muscles, and bones.



Great indoor exercises include:

- Walking
- Climbing steps
- Indoor swimming
- Balance exercises (while holding something stable)
- Light bodyweight exercises like squats

Since seniors are at risk of injury (especially from overuse) when exercising, it is best for seniors to learn and practice exercises with the help of an instructor or personal trainer. Performing exercises like these with a group can also make staying active more fun.

([Medicare.org](https://www.medicare.org))



### Make Exercise Part of Everyday Life

Seniors can incorporate activity into everyday life by developing habits like regularly:

- Gardening
- Dancing
- Walking
- Climbing stairs
- Stretching



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## Best Seated Exercises

For seniors who have balance issues or other physical limitations, seated exercises are the safest way to stay active. Try these seated exercises and stretches:

- Ankle and wrist rolls
- Arm circles
- Single leg calf raises
- Sit and stand motions
- Seated hip marches
- Seated torso twists

To keep bones and muscles strong, seniors can add light weights to these exercises. Weights that can be strapped on their wrists or ankles are the safest options.

([VeryWellFit](#))

## Don't Forget to Exercise These Body Parts!



There's more to the body than major muscle groups. Seniors can stay healthy by exercising the following overlooked body parts as well:

- Eyes
- Brain
- Fingers
- Wrists

Keeping these body parts active may involve reading, memorizing new things, or even using small devices to increase finger strength and dexterity. While these exercises might not improve heart health, they can help seniors maintain skills and abilities.



### Home Care Tip

When seniors struggle with stiffness or diseases like arthritis, working out can seem intimidating and sound painful. However, exercise is a proven form of pain relief. Encourage seniors to get active in order to get better.