

Exercises for over 50's

Regular exercise and physical activity add years to your life and life to your years. Health benefits are obtained from increasing the amount of any physical activity you do. The more you do, the greater the benefits. Physical activity is any movement that uses energy. Exercise is physical activity that is structured and is done at certain intensity for a certain length of time. We engage in physical activity for health benefits if we wish to avoid disease and delay infirmity. Researchers have found that exercise plays an important role in the maintenance of brain, nerve, and muscle function in the human body. New research suggests that exercise may delay mental deterioration with age and disease, and perhaps even promote neurogenesis (nerve cell growth).

Exercise helps keep our muscles strong and gives us endurance to make it through the day, to perform the tasks of daily living and to participate in the activities we enjoy. It also provides feelings of well being, reduces stress and anxiety, helps manage depression and improves sleep.

Regular exercise provides a myriad of health benefits in older adults, to prevent or delay the onset of coronary artery disease, bone loss and osteoporosis, stroke, high blood pressure, obesity, heart disease, Type 2 diabetes, insomnia, and depression, and many more diseases. There are several benefits of exercise, including:

- Increased stamina and energy
- Strong bones (and lower risk of osteoporosis)
- Improved muscle tone and strength
- Increased heart and lung efficiency
- Flexible joints, tendons and ligaments, which improve agility
- Improved digestive system
- Better balance (thus helping to prevent injuries, such as falls)
- Lower blood pressure
- Improved self-esteem
- Less tension and stress
- Improved memory and alertness
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Written by Totally Tracey

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Reduces the risk of cardiac diseases



Improves aerobic fitness,



Improves posture and body performance

While regular physical activity is important for people of all ages, it has been shown that the benefits of regular exercise are the most important to the people who tend to exercise the least—people over 50, and even more so, people over 60.

Given these compelling reasons to exercise regularly, why don't more people over 50 do it? The excuses range from feeling too old, to having a specific medical condition, to not having enough time, to feeling out of place.

But the truth is that almost anyone of any age can participate in some type of physical activity, even including people with certain medical conditions.

Fortunately, beneficial results can be attained from as little as 30 minutes of aerobic exercise three times per week.

Remember do not do too much exercise

Doing too much exercise is not healthy for the body especially the immune system. The body needs sufficient time to rest. Over-exercising does more harm than good. . Excessiveness of anything is unhealthy. Each person should exercise according to their personal capacity. If a person is ill, they should not participate in rigorous exercise.

Exercise should be done often and on a long-term basis at least 2-3 times a week, as the benefits are only maintained with regular physical activity.

Proper nutrition is as important to health as exercise. When exercising it becomes even more important to have a good balanced diet to assist the body with the recovery process following strenuous exercise.

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The secret to feeling better and living longer is exercise.
It can help maintain independence.

Be good to yourself!

Caution: Before starting an exercise program whether you have established osteoporosis or not always consult your doctor for advice about activities you can do, or what tests you may need before doing certain types of physical activity.

If you are not sure about your bone health, talk to your doctor.

What do we do in an exercise class?

Warm Up

5-10 minute Warm-up exercises are essential to any workout. Preparing the muscles and joints for more intense activity helps prevent injury, as well as promoting circulation. Warm-up exercises increase the temperature of the body, making the muscles more flexible and receptive to strenuous activity.

Cardio – low impact

You can customize this class to meet your individual needs
20-30 minutes of a series of exercises

This is a series of rhythmic, large muscle exercises, to improve your heart rate, balance and co-ordination which last for 20-30 minutes to music in a class. It's a modern form of total body exercise. It's a motivating form of exercise that is social and fun.

Circuit

Circuit training is an excellent way to improve fitness and strength. Circuit training is a set of aerobic and strength exercises carried out at stations. There are usually between 10 and 15 stations where exercises are done for a set time, usually one or two minutes, before moving on to the next station.

These exercises provide a good basic workout, which works the entire body, which can be done at varying paces depending on your fitness levels.

Cool Down - Stretch

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Stretching is an important part of any workout. Not only does stretching help counter the soreness that typically follows a workout, it lengthens the muscles, improving range of motion, flexibility and improves circulation, decreases stress, and releases tension.

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Enrolment Form [[PDF](#)]

Conditions



Refunds are not given unless a course is cancelled.



Price subject to change if numbers under 10 participants.



Dr Certificate needed if over 45 and not seeing a doctor regularly