

Healthy Ageing

Benefits of exercise for older adults

Physical activity and exercise benefit most individuals regardless of health status or disease state throughout the lifespan.

The following are the list of benefits for participating in regular physical activities or exercise especially for the elderly:

- Reduce risk of developing certain diseases and health problems common in old age such as heart disease, hypertension, diabetes, osteoporosis, bone fractures and cancer.
- Reduce feeling of depression and anxiety while improving mood state and self-esteem.
- Improve quality of life.

Types, Intensity and Duration of Exercise

- 30 minutes of moderate intensity physical activity everyday.
- The 30 minutes session can be divided into 2 or 3 sessions throughout the day with 10 to 15 minutes per session respectively.
- A balanced activity program for older adults should incorporate four basic types of exercise – endurance, strength, balance and stretching as in the table.

ENDURANCE

Health Benefits

- ✓ Improve health of heart and lungs
- ✓ Improve stamina



Activity

- Cycling
- Walking
- Dancing
- Swimming

Frequency and amount

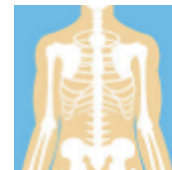
3-7 days / week
20-60mins/session



STRENGTH

Health Benefits

- ✓ Strengthen bones & muscles
- ✓ Ease arthritic pain



Activity

- Lift or push weights
- Working with pulley

Frequency and amount

2-3 days / week
1-3 sets of major muscle groups
with 8-12 repetitions

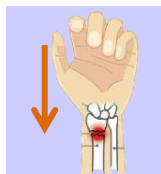


TYPES OF EXERCISE

BALANCE

Health Benefits

- ✓ Reduce risk of fall and fractures



Activity

- Standing on 1 leg
- Climbing up & down the steps slowly
- Standing on heels & toes

Frequency and amount

1-7 days / week
15-30 mins/ session



STRETCHING

Health Benefits

- ✓ Increase flexibility of movement
- ✓ Improve posture



Activity

- Stretching of major muscles

Frequency and amount

1-7 days / week
20 sec for each stretch



Safety : Progress slowly, perform warm up, drink adequate liquids, wear stable shoes, ensure safe environment, perform stretching with slow and steady movement.