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2008

Exercise for Older Adults

Why Exercise?

Exercise is an important factor in maintaining good health for older adults. A regular exercise program can improve a person's fitness level. Research has found that as one ages muscle mass and strength decline, bones become more prone to injury, appetite decreases, gastrointestinal function declines, and susceptibility to infections increases. Daily exercise as well as a healthy diet can help minimize these changes, lower the risk for diseases such as diabetes, heart disease and cancer, and prolong life. Just 30 minutes of exercise a day can greatly improve the condition of an older adult's bones, heart and lungs.

The most convenient type of exercise is walking. It can be done anywhere - around the neighborhood, at a school track, in the park or at the local mall. Other types of exercise include swimming, gardening, bowling, taking an aerobics class or ballroom dancing. The most beneficial exercise program should include aerobic activity as well as strengthening and flexibility exercises.

Calories Burned for a 150-Pound Person Per 30 Minutes:			
Daily Activities		Recreation and Sports	
Sleeping	35	Softball	130
Watching TV	45	Golf	170
Office Work	90	Brisk Walking ♥	200
Slowing Walking	100	Bicycling ♥	205
Yardwork, housework	115	Aerobic Dance ♥	210
Walking upstairs ♥	525	Tennis (singles)	220
		Lap Swimming	225
		Jogging	325
		Cross-country skiing ♥	375
		Running ♥	425
		Rowing ♥	430

♥ These activities provide the best benefit for conditioning your heart and lungs.

GUIDELINES FOR SAFE EXERCISE

How To Get Started:

- Always check with your doctor before you begin any exercise program.
- Choose activities you enjoy doing like- walking, swimming, dancing, etc.
- Exercise with family or friends to make it more enjoyable.
- Start slowly. Set achievable goals. Gradually work up to 30 minutes of activity a day.
- Stick with it. You won't see results right away.
- Find a time of day when exercise best fits your schedule. Try to exercise at that same time everyday.
- Engage in a variety of activities to prevent boredom.

Pace Yourself

- Start slowly. Try walking slowly for 5 or 10 minutes at first, and work your way up to walking briskly for 30 minutes.
- Make sure you can comfortably carry on a conversation. If you are unable to talk, you are working too hard and you should slow down your pace.

GOAL: 10,000 steps per day!

- **30 MINUTES**
Reduce risk of some diseases
- **60 MINUTES**
Prevent weight gain
- **90 MINUTES**
Maintain weight loss

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2006

Exercise for Older Adults – Page 2

The table below shows acceptable pulse rates for different ages.

Age	10-second	60-second
64	18-21	109-124
68	17-20	106-122
72	17-19	104-118
76	16-19	101-115
80	16-18	98-112
84	15-18	95-109

Drink Plenty of Fluids



- To maintain proper hydration we must consume at least 8 glasses (8 oz each) of water daily.
- As we age, our thirst sensation decreases, therefore, we must make a conscious effort to consume fluids
- As a rule of thumb, drink a glass of water, juice, or other beverage:
 - ✓ As soon as you wake up in the morning
 - ✓ With every meal and snack
 - ✓ Before and after exercise
 - ✓ Every 15 minutes during exercise
 - ✓ When you feel fatigued
 - ✓ When you experience muscle cramping

Check your Pulse

Your pulse measures how fast your heart is beating and can help you know whether you are exercising at the right pace. To check your pulse:

- ✓ Place two fingers on your inside of your wrist at the base of your thumb
- ✓ Count the number of beats you feel for 10 seconds.
- ✓ Multiply the number by 6 to get the number of beats for one minute.

STOP EXERCISING AND CALL YOUR DOCTOR IF YOU EXPERIENCE:

- Severe shortness of breath
- Wheezing, coughing, or other difficulty in breathing
- Chest discomfort, pain, pressure or tightness
- Excessive perspiration
- Light-headedness, dizziness, fainting
- Cramps, severe pain, or muscle aches
- Severe, prolonged fatigue
- Nausea



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Exercise for Older Adults – Page 3



Types of Exercise

- **Stretching**- promotes flexibility, makes movement easier, and decreases risk of muscle injury.
 - ✓ **Examples:** rotating shoulders, reaching for toes, neck circles, extending arms toward the ceiling.
 - ✓ **Frequency:** hold each stretch for 10-30 seconds. The entire session should last 5-10 minutes before

- **Strengthening**- promotes muscle strength and builds up bones, supports joints, helps prevent falls and arthritic problems.
 - ✓ **Examples:** Toe raises, arm circles, lifting weights or household items.
 - ✓ **Frequency:** Start with lifting an object five times. Advance to 2 sets of 5, then 3 sets of 5. Set a goal of 30-40 minutes, 2-3 times/week.

- **Aerobic**- “with oxygen.” Strengthens the heart and improves overall fitness.
 - ✓ **Examples:** Walking, biking, swimming, dancing, low-impact aerobics.
 - ✓ **Frequency:** 3-5 sessions/week, lasting 20-60 minutes.

Side Stretches

1. Reach one arm over your head and to the side.
2. Keep hips steady and shoulders straight.
3. Hold for 10 seconds and repeat on the other side.

Arm Raises

1. Sit in chair.
2. Put feet flat on floor; Keep feet even with shoulders
3. Arms straight down at sides, palms inward
4. Raise both arms to side, shoulder height
5. Hold position
6. Slowly lower arms to sides



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information.
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