

Exercise for Older Persons

Exercise is important. It improves mental wellbeing, bone health and cardiovascular health, and reduces risk for falls. There are various types of exercises and a combination of the following can be done.

Aerobic



- E.g. brisk walking, jogging, swimming
- These improve your blood pressure, cholesterol and diabetic control

Resistance



- E.g. sit to stand exercises or resistance band exercises
- These prevent weakening of muscles and reduces falls

Balance



- E.g. standing on one foot, step climbing, dancing, Tai Chi
- These improve balance and reduce falls

Flexibility



- E.g. stretching exercises, gentle yoga, Pilates
- These improve the movements of your joints

Exercise is fun and we should do it with others!
Speak to one of your healthcare providers to customise an exercise programme suitable for you today!