

Seniors Spring Into Action!

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Seniors, and all of us, are learning how important being active is to our health and well-being.

Spring is a great time to get our bodies into motion.

If your senior loved ones are not active now, it is time to begin—it is never too late to start!

There are many physical benefits of physical activity at any age, but seniors have added benefits that can help them improve their golden years.

- Manage weight
- Improved circulation especially blood flow to the brain
- Control blood pressure and blood sugar
- Can help with prevention of stroke, heart attack and high cholesterol levels
- Increase socialization experiences
- Increase stamina
- Increase muscle strength to help prevent falls
- Improve joint flexibility

Physical activity does not have to be strenuous or lengthy but only regular. There are many activities that can increase movement this spring such as gardening, walking, hiking a new path, biking, exercise class, yoga, tai chi, water aerobics, tennis, walking the dog, playing with the grandchildren, badminton, croquet, picnicking in the park or walking in the rain.

((We encourage you to have your senior check with the doctor before participating in any strenuous activity.))

Here are some items we think you might find helpful to get your senior (or you) moving at home, in the neighborhood or at the park, along with affiliate links to Amazon.com. Whether for your use or as a gift, these can help get the action going!

Books:

[Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity](#) Dr. Ruth Heidrich demonstrates that the senior years don't have to be filled with aches and pains.

[Strength Training for Seniors: How to Rewind Your Biological Clock](#) Michael Fekete discusses how regular exercise can reduce a person's biological age by 10 to 20 years.

[Yoga for the Young at Heart: Gentle Stretching Exercises for Seniors](#) Susan Winter Ward presents an introduction to yoga for seniors.

Fitness DVDs:

[Stronger Seniors Core Fitness DVD](#)—Chair Pilates Exercise Program developed by Anne Burnell, Stott Pilates Master Trainer ... for the National Council on Aging (NCOA)

Fitness Gear:

[Aerobic Pedal Exerciser](#) Use for Arms & Legs

[Valeo's Yoga Kit](#) Ideal for beginners getting started or intermediate yoga enthusiasts, this kit has everything you need for using at the gym, yoga studio, or at home.

The beautiful weather of spring can inspire you and your loved ones to get active and keep your bodies moving. Daily activity is one of the healthiest changes you can make for yourself. The best part of staying (or getting) physically active is that it will help maintain physical function and independence through aging, expanding life options into the future. Help your senior choose an activity that she or he loves or – even better – one you can do together and the physical activity can reap rewards beyond improved health.

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