



EXERCISE FOR ELDERLY

BENEFITS OF EXERCISE FOR SENIORS

- ✓ Slows ageing-associated physiological changes
- ✓ Promotes psychological and cognitive well-being



- ✓ Reduces the risks of physical disability
- ✓ Improves overall quality of life and longevity



- ✓ Reduces risk of developing Alzheimer's Disease



BEFORE YOU EXERCISE !!!

1. Review your medications from your doctor. (Follow the exercise advice provided for your medical conditions.)
2. Wear loose, light and comfortable clothing with fitting shoes.

EXERCISE PRECAUTIONS & RECOMMENDATIONS

1. Avoid prolonged sitting and sedentary lifestyle.
2. Start with gentle exercises and gradually increase intensity.
 - Start at slower pace and pick up speed after 5 minutes
3. Do resistance training (e.g. gentle weights, stretch band) to prevent muscle loss.
4. Consider joining a structured programme with trained professionals.
5. Avoid high fall risk and high-impact activities.
 - Consider activities that promotes balance, flexibility, co-ordination and focus (e.g. Tai Chi)
6. Include appropriate cool-down activities.

7 EASY EXERCISES TO TRY

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

Try these exercises at least 3 days a week to build up your strength, balance and flexibility.

Video Guide:



SCAN ME