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Simple Home-Based Exercise for elderly



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All information above has been reviewed by rehabilitation physician specialists
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A. What are the risks of not exercise for elderly?

Muscle strength, cardiorespiratory function, agility and flexibility in the upper and lower limbs of elderly are positively correlated with the degree of ageing and cognitive function. In addition, lack of exercise lead to disability and chronic diseases, dementia, and finally increase the risk of falls.

B. What are the benefits of exercise for elderly?

Through health promotion, elderly can improve their physical and mental health, slow down ageing, increase their physical capacity, prevent falls and frailty, assist in the care of dementia and disability, and significantly reduce the risk of illness and death among the elderly, thereby reducing the cost of medical treatment and avoiding the use of drugs.

C. Exercise for Life- One more minute of exercise, two more minutes of life!

(A) Easy walk daily:

Encourage yourself to go shopping every day for 5 minutes, walk back and forth from a toileting about 2-minute and walk for 1 minute to drink water.



(B) Walking after meals and not watching TV:

Walk for 30 minutes after meals and exercise for 30 minutes each time, 2-3 times a week.



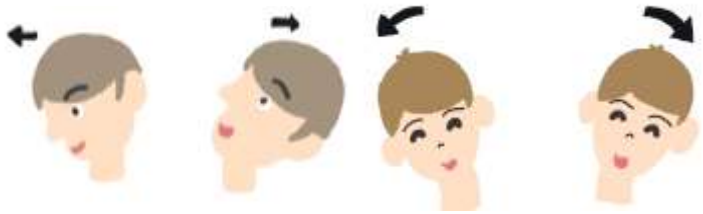
(C) Use television commercial time to exercise:

a. **Eye exercise:** the eyes rotate up and down, side to side.





b. **Neck exercise:**



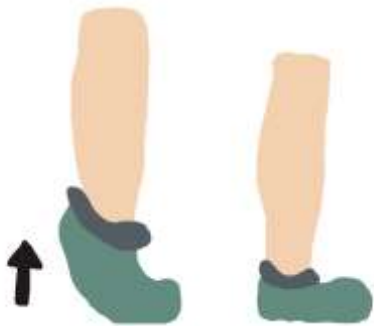

(a) Head forward, back, left, right stretch action.



(b) Back of the neck stretch exercise: place your hands behind your head, back straight, chin tucked in, hands pressing your head downwards.



<p>c. Torso exercise: hula hoop exercise.</p> 	<p>d. Upper limb muscle movement: elbow to lifted weights (a bottle filled with <u>w</u>ater).</p> 
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e. Enhance the leg muscle strength movement, as shown below:	
<p>1. Single leg back raise exercise</p> 	<p>2. Sitting leg lifts exercise</p> 
<p>3. Standing <u>h</u>eel <u>l</u>ifting <u>e</u>xercise</p> 	<p>4. Up and down exercise with both <u>f</u>ee<u>t</u></p> 

(D) Swimming:

Choose a heated swimming pool and warm up well to prevent cramps; about 30 minutes of exercise is best.



(E) Enjoy sports, participate in free sports groups:

Such as: Yuan-ji dance, Wai Dan Kung, Tai Chi fist , Rhythm dance, Ballroom dancing.



D. Exercise tips for elderly:

- (A) Set the frequency and duration of exercise: half an hour, three times a week; you can build up to at least 10 minutes each time throughout the day.
- (B) Choose moderately-intense level exercises: keep increasing the intensity and time of exercises depends on personal tolerance, do a little tired but not too tired, such as brisk walking, cleaning, swimming, dancing and cycling.
- (C) Should wear socks and shoes, to avoid foot injury.
- (D) Friends and family continue to remind the elderly activities or to find sports companions, it help for stay motivated and keep yourself moving.

F. Conclusion:

By maintaining good exercise habits, elderly can not only improve their muscular endurance and poor balance, but also boost their self-confidence, reduce the inconvenience caused by their disability, significantly improve their quality of life without feeling that they are gradually ageing, and feel relaxed and happy, thus reducing stress and enjoying a healthy and happy life.

G. Reference:

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Let us take the quiz to make sure you understand

1. Upper and lower extremity muscle strength, cardiorespiratory fitness, agility and flexibility are positively correlated with the degree of aging and cognitive functioning in the elderly.

Yes No Don't know

2. Elderly people should be encouraged to walk outside for 5 minutes to go shopping, 2 minutes to go to the toilet, and 1 minute to pour a glass of water every day.

Yes No Don't know

3. Elderly people do not need to wear socks and shoes for exercise, and their feet should be ventilated.

Yes No Don't know

4. When swimming, the elderly should choose a warm water swimming pool and warm up well to prevent mid-stroke cramps.

Yes No Don't know

5. Physically inactive older adults are at higher risk for chronic diseases, dementia, disability and falls.

Yes No Don't know