



Ten Ideas to Help Senior Citizens Out of Bed and into Exercising

Older people know value of exercise but slow to start

Feb. 12, 2007 - Virtually every senior citizen - people age 65 and older - knows that exercise is extremely beneficial in building and maintaining healthy bodies and minds. Yet, most fail to do it. Just getting started may be the biggest hurdle, but the medical director of the senior care facility claiming to house more 90-year olds than any other, has ten easy steps that he finds are working to get older people out of bed and moving.

Rick Smith, M.D., medical director of the Los Angeles Jewish Home for the Aging, urges America's seniors to make exercise an important part of their daily routine.

For the most part, according to Dr. Smith, when older people lose their ability to do things on their own, it doesn't happen just because they have aged. More likely, it is because they have become inactive.

Older inactive adults lose ground in four areas that are important to staying healthy and independent - endurance, strength, balance and flexibility.



Here are Smith's "Ten Get-Out-of-Bed Exercise Tips to Longer Living."

1. Try; just showing up is half the battle.
2. Have an exercise buddy.
3. Start slow. It's the effort that counts.
4. Give yourself physical activity "homework assignments," and look for ways to build physical activity into your daily routine.
5. Think of exercise sessions as "appointments" that you must keep.
6. When you can't keep your "appointment," don't be too hard on yourself.
7. Keep a record of what you do and your progress. It's fun to chart victories.
8. If you stop exercising for several weeks and then return, start out at about half the effort you were putting into it when you stopped.
9. Wear supportive, comfortable shoes.
10. Build a routine around stretching, walking and strength training.

"Muscle strength declines by 15 percent per decade after age 50," Dr. Smith noted, and "30 percent per decade after age 70. However, resistance training can result in 25 to 100 percent, or more, strength gains in older adults."

Physical activity can be good medicine, but Dr. Smith recommends that everyone, especially those older than 40, check with their doctor before starting any exercise program.

Upcoming events



PEP Rally for

Seniors

May 22, 2008

St. James

Episcopal Church

3207 Montana Avenue

WesleyLinks Network Meeting June 4, 2008

12 Noon

St. James Episcopal
Church

3207 Montana Avenue



Eastside Cluster Meeting

"Inspired Fitness"

Informational Session

June 17, 2008

7:00 p.m.

Anderson Hills UMC