

The Recipe for Building the Perfect Senior Daily Routine



Exercise for Seniors



Fitness for older adults

Participating in a balanced fitness program contributes to your well-being at every age and regular exercise is vital for older adults. Regular exercise can help control your blood pressure, body weight, and cholesterol levels. It reduces your risk of hardened arteries, heart attack, and stroke. It also strengthens your muscles, tendons, ligaments, and bones to help fight osteoporosis and lower your risk of falling or other injury. Keeping your body strong and limber can help you maintain your independence as you age. It allows you to continue the kinds of activities you've enjoyed your entire life.

Aerobic endurance

The best aerobic activities for older adults to begin with are low-impact exercises, such as **walking, cycling, swimming, and water aerobics**. Other options include,



Tai chi



Line dancing



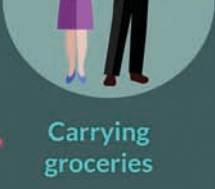
Square dancing



Ballroom dancing



Even small changes to your overall muscle strength can have a huge impact on your life.



Carrying groceries



Climbing stairs



Getting up out of a chair

all require muscle strength. If you're 65 or older, the CDC recommends participating in strength-training workouts at least twice a week.

Flexibility

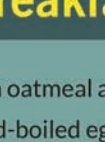
Have you noticed that reaching for objects on high kitchen shelves or doing basic activities, such as getting dressed, aren't as easy as they used to be? Do your muscles often feel tight? You may need to add some stretches to your daily routine. Stretching is something you should do every day to help you maintain your range of motion as you age.



The Takeaway

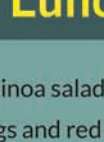
Good general fitness can be achieved in as little as 30 minutes each day. Exercising daily can help prolong your life and improve the quality of it. It's important to include aerobic activity, strength training, balance exercises, and stretching in your routine. Start slowly and build your endurance, strength, balance, and flexibility gradually. Ask your doctor for guidance — and don't be afraid to hire a personal trainer to help you along the way.

Quick and Easy Meals for Seniors



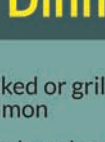
Breakfast

- ▲ Warm oatmeal and berries
- ▲ A hard-boiled egg
- ▲ Whole grain pancakes or waffles
- ▲ Yogurt parfait
- ▲ Power toast
- ▲ Poached egg



Lunch

- ▲ Quinoa salad
- ▲ Eggs and red potatoes
- ▲ Cottage fries
- ▲ Southwest omelet
- ▲ Salmon wrap

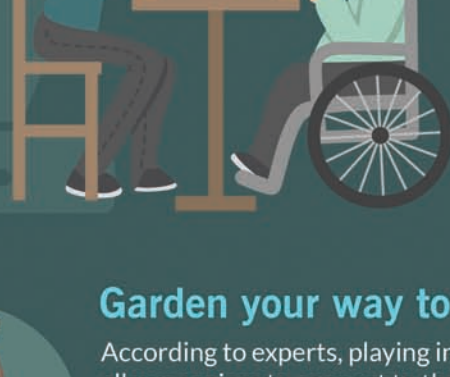


Dinner

- ▲ Baked or grilled Alaskan salmon
- ▲ Lamb and potatoes
- ▲ Shrimp and pasta
- ▲ Liver and fennel
- ▲ Beans and rice
- ▲ Shrimp and fresh greens



Mindful Aging for Seniors



Hobbies for Health and Happiness



Garden your way to health

According to experts, playing in the dirt is spiritually fulfilling, and allows seniors to connect to their "primal state." The experience of gardening also relieves stress, increases mental functioning, and provides lots of exercise. Plus, vegetable gardeners reap the benefits of eating a healthy, nutrient-dense diet full of a rainbow of produce.



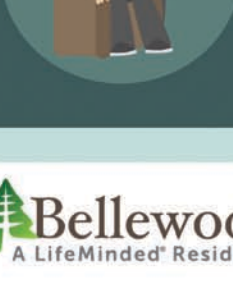
Volunteer at a local museum or theater

If you've always been a big lover of the arts or enjoy watching plays and concerts, consider volunteering at your local museum or theater. You'll get to watch shows for free — plus, you'll be supporting your local arts community and instilling a love for art in the next generation.



Get creative

The health benefits of artistic participation are scientifically proven. Dr. Gene Cohen, director of George Washington University's Center on Aging, Health and Humanities, conducted a two-year study with two groups of seniors. Half were involved in various arts programs, and the other half did no artistic activities. After two years, researchers concluded that seniors in the arts group reported better overall physical health and took fewer trips to the doctor than the seniors with no artistic involvement.



Start swimming or stretching

Low-impact exercises are great for seniors because they increase heart rate without putting undue stress on older joints. Yoga and pilates improve core muscles, increase balance, and force you to stretch, while water aerobics and swimming increase strength, burn calories, build cardiovascular endurance, and decrease anxiety. Plus, group exercise classes encourage camaraderie and hold participants accountable to an exercise routine.



Read and write your way to happiness

For seniors with reading lists a mile long, joining a book club is a low-key way to make new friends, discuss vital topics, and share in one of life's great pleasures: sitting down with a great book — only this time, you're reading (partially) in the company of new friends.