

## **FITNESS FOR THE ELDER PEOPLE**

***“Unlike a machine which deteriorates with time with constant use, our body if left unused becomes defective”***

As people become older their bodies become weaker and it becomes difficult to do everyday work. They just give up and become sedentary. The truth is that staying physically active is the key to good health well into later years. Regular exercises help prevent disease and assist in a series of health benefits for the elder people.

- ***Weight maintenance***
- ***Weight loss***
- ***Health life***
- ***Blood pressure***
- ***Cholesterol level***
- ***Reduce risks of bones fractures (osteroposes)***
- ***Reduce risks of cancer (intestine/ breast / sex organs)***
- ***Reduce risks of joints problems***
- ***Mental depression***
- ***Social life***

## **FITNESS PROGRAM**

Physical activities can be of any form. There is no need to spend a lot of money on special fitness programs or equipments. Physical exercises for the elderly will make their muscle stronger and improve their body balance and body movements. Simple everyday normal activities can help such as:

- Walking
- Cycling
- Climbing stairs
- Housework
- gardening
- Swimming
- Strength training
- Shopping
- Going back to our ‘roche lave and roche cari’

## **SUGGESTIONS:**

- *Exercise is better performed in the morning or evening*
- *It should not be done on a full stomach*
- *Begin with a slow and easy program*
- *Choose activities that you like and easily accessible*
- *Be realistic about what you can do*
- *Exercise in group*
- *Better consult your doctor before starting on a program*
- *Drink water continuously*