

Live a Longer, Healthier Life: Aerobic Exercise for Seniors



Want to live a longer, healthier life? Aerobic exercise might be the missing piece in your senior wellness routine. Older adults who do more aerobic physical activity have a reduced risk of age-related loss of function and reduced risk of physical function limitations compared to the general aging population.



Other benefits include:



Boosts Heart Health:

Regular cardio strengthens your heart muscle, improves blood flow, and lowers blood pressure, which reduces the risk of heart disease.



Increases Energy Levels:

Aerobic exercise gets your blood pumping and oxygen flowing, which combats fatigue and leaves you feeling more energized.



Improves Mood and Cognitive Function:

Physical activity releases endorphins, which can help combat depression and anxiety while improving cognitive function and memory.



Maintains Strength and Independence:

Aerobic exercise helps maintain muscle strength and endurance, making it easier to perform daily activities and reducing the risk of falls.



Better Sleep:

Regular physical activity can promote better sleep quality, leading to more restful nights and increased energy levels during the day.



Weight Management:

Aerobic exercise burns calories, which can help with weight management or maintaining a healthy weight.

The recommended amount of aerobic exercise for older adults is at least 150 minutes per week and can be broken down into several ways:

Moderate-intensity activity

Aim for 150 minutes of moderate-intensity exercise spread throughout the week. Examples include brisk walking, swimming, biking, or dancing. Moderate-intensity activity requires a medium level of effort.

On a scale of 0 to 10, where sitting is 0 and the greatest effort possible is 10, moderate-intensity activity is a 5 or 6 and produces noticeable increases in breathing rate and heart rate.

Vigorous-intensity activity

If you prefer higher intensity workouts, you can do 75 minutes of vigorous intensity exercise each week. Activities like jogging or running would fall into this category.

On a scale of 0 to 10, where sitting is 0 and the greatest effort possible is 10, vigorous-intensity activity begins at a level of 7 or 8 and produces large increases in a person's breathing and heart rate.

Combination

Many people find a combination of moderate and vigorous intensity works best. You can find an equivalent amount of exercise by combining them.



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