



Exercise

Exercise is still one of the best medicines. - Unknown



While some older adults have used the last few months as an opportunity to do more exercise and improve their fitness, many older adults have seen their health deteriorate in the face of isolation and reduced opportunities to socialize and be physically active.

THREE BIG REASONS TO KEEP EXERCISING ARE:

1. Support your immune system;
2. Reduce your risk of chronic illness;
3. Improve your mental health.

Walking is a great way to keep active year round! When it comes to winter-walking safety, walking poles not only increase your stability, but also incorporate the use of more muscles so you end up getting more out of your workouts. If you're not able to get outside, you can walk your hallways. Try taking the stairs instead of the elevator.



There are many different **virtual challenges** that you could sign up for e.g. The Cabot Trail challenge: https://www.theconqueror.events/cabot/?gclid=CjwKCAiA6aSABhApEiwA6Cbm_1VgOEegPJfqLh7qKLL-D5wVetZuyNeVDaluRb401e5VYZ9_DOK910xoCO7wQAvD_BwE Maybe a group challenge would be fun!

Forever...in motion (an initiative of the Saskatchewan Parks & Recreation Association that helps older adults become physically active through volunteer-led physical activity) helps older adults become physically active in their own homes. You can access this program by joining their Facebook group at Forever...in motion Saskatchewan. Classes are Tuesday/Thursday. Classes are saved online and accessible 24/7. There are also DVDs for sale at \$15.00 each.



For **wheelchair users**, there are many options to keep you strong, flexible, and healthy. <https://www.rollingwithoutlimits.com/view-post/Exercising-In-Your-Wheelchair>

There are many great **fitness apps** which can be found on most smartphones, tablets, iPhones or iPads.

YOU SHOULD END YOUR EXERCISE WITH A BREATHING TECHNIQUE.

Here is one possibility:

The Natural Breath

1. Slowly inhale through your nose, focusing on only filling up your lower lungs;
2. Exhale easily;
3. Repeat and continue to practice until this comes to you naturally.

Many other exercises that are wonderful for older adults include Yoga for Seniors, balance and coordination exercises, swimming, and biking.

My all-time favorite exercise is to turn the music up and **dance**, dance, dance.

