

Health Tips

for seniors

Exercise

Benefits of regular physical activity

- Stronger heart, muscles, bones, & joints
- Improves physical deconditioning at any age
- Helps control body weight
- Reduces your risk for heart disease, cancer, & obesity
- Enhances the immune system so you resist infections better
- Improves your self-confidence / esteem
- Less constipation, easier defecation

Recommendations

- Always consult your physician before beginning an exercise program
- Do activities that involve your leg muscles 3-5 times per week
 - Like walking, gardening, dancing
- Do muscle strengthening exercises 2-3 times per week
 - Inquire about our free latex-band resistance exercise program
- Do static stretching exercises 3-5 times per week
 - Only stretch to a point of mild discomfort
 - Hold the stretch for 6-15 seconds
 - Be sure not to hold your breath while stretching

For more information visit www.americanheart.org

Erie County Department of Senior Services

(716) 858-8526 www.erie.gov/depts/seniorservices/

Prepared by: *Antonio S. Santo, Ph.D.*

