

Fit Flex – Exercise Safety

Guide to Safe and Effective Physical Activity and Exercise for the Aging Adult

There are many benefits to regular physical activity as an adult, including helping maintain the ability to live independently as long as possible. Here are a few tips on how to get started.

How Much Should I Exercise?

If you are not currently active, start with 10 minutes at a time, a couple times each day. Slowly increase the time until you are exercising 30 minutes, 3-5 times per week.

Exercise Possibilities:	Goals To Strive For:
Increasing general physical activity: take the stairs, park further away, walk to the mailbox, walk through all the aisles of the store	7 days per week
Aerobic activities: brisk walking, biking, swimming, water exercise, dancing	3-5 days per week
Strengthening activities: weight training, using resistance bands, tubes	2-3 times per week
Flexibility activities: stretching exercises, yoga	2-3 times per week
Balance activities: dancing, Tai Chi, lower body strengthening exercises, balance-challenging exercises	1-7 days per week
Functional activities: standing from a chair several times, wall slides, stair climbing	Most days of the week



Fit Flex – Exercise Safety

Exercise Should Not Be So Hard That It:

- Makes your joints hurt for more than two hours after activity.
- Makes you feel nauseous.
- Makes you extremely fatigued at the end of the day.

Inactivity Increases the Risk of:

- Premature death
- Heart disease
- Diabetes
- High blood pressure
- Depression
- Colon cancer
- Osteoporosis
- Stress
- Less energy
- Poor quality of life
- Falls and fractures
- Inability to care for yourself
- Premature disability
- Weight gain

Other Considerations:

- If you have chest pain, uncontrolled high blood pressure, or have heart problems, see your healthcare provider first.
- It is likely okay for you to exercise if you start slowly with a simple activity like walking or basic strengthening. Then, gradually increase the intensity over time. You should not have pain with your exercise.
- For a more individualized program, get an exercise prescription from your physical therapist.



THE
CANTON REGENCY
SENIOR LIVING RESIDENCES



Source: APTA (January 29, 2013) Guidelines on Physical Activity for Older People (Aged 65 Years and Older). <https://www.apta.org/patient-care/evidence-based-practice-resources/cpgs/guidelines-on-physical-activity-for-older-people-aged-65-years-and-over->

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. Aegis Therapies and the featured company are separate companies. Aegis provides therapy services pursuant to a Service Agreement with the featured company. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。 请探访您的本地Aegis Therapies地点以获得协助。 ENG-00052-20 J2021

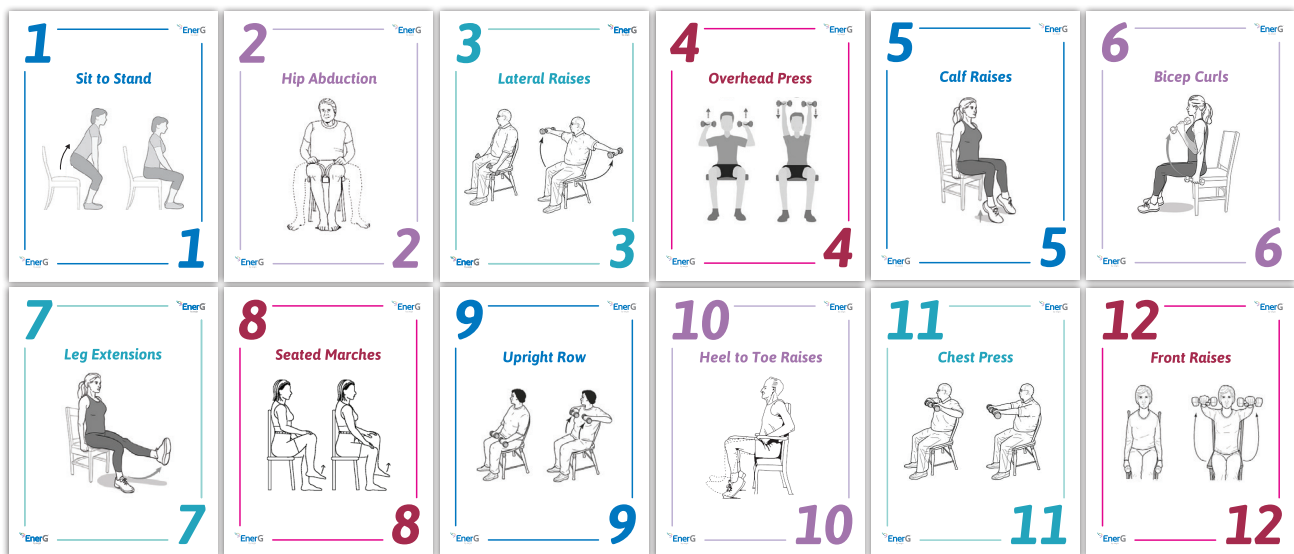
Fit Flex – Exercise Card Deck

Fitness Card Deck Game

This game requires the use of a specially designed deck of cards that includes movements and a number ranging from 1-12. Participants will take turns drawing a card from the deck and once each card is drawn, the entire group will complete the exercise on the card for the number of repetitions listed in the top left and bottom right of the card. Continue allowing participants to take turns drawing for your desired length of time.

For advanced groups, allow participants to choose a modification of the movement on the card. For example, if a lateral raise is selected your participant might choose to perform in the standing position or add a sidestep along with the raise simultaneously.

Use the deck provided in our handouts or create your own cards with movements of choice.



THE
CANTON REGENCY
SENIOR LIVING RESIDENCES

