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Exercise and Fitness December 8, 2015 Your core consists of abdominal and back muscles, including muscles along the spine as well as hips and pelvic muscles. Having a strong core is an integral part of your overall health; Without a strong core, you are more at risk of falling injuries due to poor balance and limited mobility. In fact, every movement you make is generated from your core, meaning that if your core is weakened, other muscles need to work harder to pick up the slack. This is a key contribution to the trauma of the elderly. The benefits of basic strengthening exercises for seniors Adding basic exercise strengthening your workout regimen is crucial for seniors. Exercise in general has been proven to slow down the aging process, and improving your core strength improves endurance, stability, coordination, posture, and protects you from injury. Here are just a few of the main benefits of basic exercise for the elderly: injury prevention. For the elderly, preventing injury happens is so important; Healing from injury is much more difficult than avoiding one in general. Improving body strength. Studies have shown that basic strengthening exercises can improve the body strength of older adults by an average of 30%. Stronger muscles allow you to increase range of motion, too. Managing and reducing pain. Many older people suffer from lower back pain, and basic exercises help stretch and strengthen these muscles, helping to reduce the pain of chronic diseases. Keep you balanced and stable. Your core helps maintain the spine, which helps in balance and stability. You will have a better sense of your center of gravity, allowing for a more confident movement. Simplifies daily tasks. If you have a weak core, even just getting up from your favorite chair can be difficult, and walking on a snow-weed sidewalk can be quite treacherous. The strong core provides you with the best reaction time and helps with routine activities such as climbing stairs. The best basic exercises to add to your workout The best part about basic exercise is that you don't even need to visit a fancy gym to complete them daily! You just need a mat, carpet floor or chair. No expensive equipment is required to strengthen the core. Here are just some of the best basic strengthening exercises for the elderly that can be completed with the comfort of your home: seated side bends. Sit in a chair with your feet flat on the floor, holding one hand behind your head and the other, reaching to the floor. Bend over as if you are about to touch the floor, tightening your oblique muscles, and running along the side of your body in the process. Return to the starting position and repeat on the opposite side. Bridge. I lie on my back, keeping my knees bent, and my legs flat to the ground. core, lifting the hips up to the straight line line between the knees and the chest-do not arch your back. Hold for three breaths and then lower down. Superman. This movement strengthens the lower back and improves stability. I'm lying face down on the floor with my arms outstretched in front of you. Lift your head, right hand and left leg in tandem about two inches, then lower and repeat on the opposite side. Leg lifts. Work the lower abdominal muscles while lying on the floor with legs and legs relaxed. Contract the abs while raising one leg about 5 inches off the floor, holding on to 3 counts. Repeat with the other leg. In addition, yoga is a great way for older people to improve their overall core strength, and many studios will offer classes designed specifically for the elderly. Pilates is another great exercise for the underlying force, and many movements can be changed based on your ability. For more information about New Energy Wellness in American Senior Communities, please visit www.ASCSeniorCare.com/service/new-energy-wellness/. Learn more to learn more because having a strong core is an important part of overall good health, especially as we age, here we outline some of the best basic exercises for the elderly. A weak core can put you at a higher risk of injury from falls and limit your mobility. Almost every step we take is generated from our core. When someone's core is weak, it means that other surrounding muscles have to work much harder to cash in on it. Maintaining some level of activity can be beneficial for the elderly. Walking is a good exercise, but you should also keep in mind your core. Golf, playing tennis, stripping the floor, and getting in and out of the car all require the movement that comes from the core. The benefits of basic exercise for the elderly countless studies have shown that exercise of any kind slows down the aging process, particularly the underlying forces that can improve everything from endurance and stability to coordination and posture. The list below explains some of the benefits of basic exercise for the elderly: Prevents injury - Physical fitness experts will tell you that recovering from an injury is much harder than avoiding one in the first place. If you follow a workout that involves basic muscle exercises, you will have a much better chance of preventing injury. Improves strength - Studies show that basic strengthening exercises can improve body strength in older adults by about 30 percent. When you have strong muscles, it will allow better mobility. Manages pain - Many older people complain of back pain, but basic muscle exercises stretch and strengthen muscles that reduce pain from chronic diseases. Balance and Your core helps to maintain your spine, which helps with balance and stability. Studies show that people with a strong core feel their center of gravity better. Simplifies tasks - Essential muscle exercises for Make simple tasks like getting up from a chair or walking on the sidewalk on a snowy day is much easier. Many older people report a stronger core of helping them when they navigate the stairs as well. Basic exercises for the elderly following are some of the best basic exercises for seniors. If you are not yet performing basic exercises, you should talk to your doctor before starting. Semi-sitting For this basic exercise, you stand in front of a chair, gently pull your abdominal muscles in and up, slowly lower your buttocks, and bend your knees as if you are about to sit down. Lightly touch the chair, and then return to the standing position. You can do a few reps. Modified push-ups you lie on your stomach for this exercise with palms near the shoulders. Slowly move your head, neck, shoulders and top core upwards, keeping your head and looking forward. You have to lift until your hands are fully extended. Try not to arch your neck. Lumbar rotation For this basic exercise, lie on your back with bent legs and knees together on the floor on the left side. You keep your hands outward, but keep your shoulder on the ground. Pull the abs in. Keeping the upper body still, slowly roll the knees from left to right until they reach the floor or come close to the floor. Hold this position for a few seconds and then roll to the opposite side. Sitting knee lifts sit on the mat on the floor and bring both knees to your chest until your feet reach your abs. Get back into the seating position and work your way up to three sets of 15 reps. On your knees the back foot lift Get down on your hands and knees and engage your core. Extend your right leg back so that it hangs slightly above the ground and point your legs. Now lift your leg straight up as high as you can without arching your back and then lower your leg to its original position. Do this exercise on the other side. Superman This basic exercise strengthens the lower back and can help improve coordination. You start with your stomach lying on your stomach with your arms outstretched in front of you. Lift your head, neck and right arm, as well as your left leg two inches from the floor. Lower and repeat on the opposite side. When performing Superman, you should try to keep the navel drawn in the direction of the spine. Legs Lifts Frog on the back with legs flat. Contract the abdominal muscles and lift one leg about five inches off the floor. Hold for a few seconds and lower your leg. Repeat lifting the foot with the other leg. Side bends Sit on a chair with feet flat on the floor. Put one hand over your head with the other outstretched to one side. Lean to one side as you reach to the floor. When you return to your original position, sign a oblique contract. Repeat this motion up to five times. Bike This basic exercise for the elderly is a little more challenging than Other. You're lying on your back with your hands behind your head. Bend your knees and lift your legs so that your calves are parallel to the floor. Draw the navel and bring one knee to the chest, reaching the opposite elbow. Switch to the other side. You can repeat this exercise for 30 seconds, rest for one minute and then make another 30-second set. The bridge will lie on your back and keep your knees bent and flat on the ground. Tighten the core and then lift the hips, but not arch your back. Hold for a few seconds and then lower your hips back down. READ ALSO: Tai Chi for Arthritis: Benefits, Exercise and Principles Tips when Performing Basic Exercises to Strengthen the Core for Older People Is Important, but It Shouldn't Be Painful or Make Any Existing Physical Condition Worse. Here are some factors to keep in mind when performing basic exercises: Warm-up - It's a good idea to warm up before performing basic exercises, marching in one place for a few minutes, waving your arms. You can also spend a couple of minutes dancing if you like. Good form - Keeping fit is important. A good form of alignment of your body, as indicated in the instructions for exercise, and slowly and smoothly move through the exercise. Repetition - You only have to do as many reps as you can handle. The quality of your movement is more important than quantity. You should also hold the position only as long as it is convenient. Pain - Basic exercises should not hurt so stop if you feel pain. In many cases, it is your form that is off and causing pain. Practice - You will experience better results if you do your basic exercises on a regular basis. Three times a week is a good goal. Photos - Photos can make exercises look easier, but you should read all the instructions carefully and consult an expert before trying a new technique. Bracing yourself - You have to tighten your core muscles before you start moving in each exercise. For example, if you are sitting, standing or lying on your back, gently tighten your abdominal muscles by drawing that you are naval to a small part of your back. One way to think about it is as if you are pulling your muscles to zip up tight pants. Be flexible - Don't skimp on plots. Muscle strength without flexibility can cause back problems. Start with stability - Basic exercises are harder on an unstable surface such as ball stability, so focus on mastering movements on a flat surface. Go beyond abs - While it is important to work on abdominal muscles, a routine that works on all major muscles is recommended if you want to protect your back and be able to participate in activities like golf and tennis. Falling down if too hard -- you must Less reps or spend fewer seconds if you find exercise difficult. If you're struggling, try Exercises. Move up if too easy - When the main exercise feels easy, it may be time to move on to different exercises. Our muscle mass and flexibility change with age, and while there is a tendency to slow down in senior years, a sedentary lifestyle can be a big mistake. This can lead to weak core, balance problems and falling. Waterfalls are the leading cause of injury, hospitalization and death among the elderly. READ ALSO: Read also: supine core exercises for elderly pdf

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