

Physical Fitness Tips for Seniors

1. Get a checkup

Before you start any program, be sure to check with your physician. He can help you determine whether you are ready to begin a specific program.

2. Find an Activity You Enjoy

To help you stick with any fitness program, try to find an activity you really enjoy. That way you'll look forward to doing it every day.

3. Take It Slow

Be sure not to do too much too soon. When your body gets stiff and sore you will be less likely to stick with your new program.

4. Set Realistic Goals

Be sure to have a goal. It can be as simple as how many steps you take or how fast you get from A to B. Be realistic because you can revise these goals as they are reached.

5. Every Step Counts

Consider wearing a step counter (pedometer) throughout the day to keep track of how many steps you take.

The most important thing about any exercise program is getting started! You will receive benefits immediately. You just need to start moving. Ask a neighbor, friend, or family member to start exercising with you. Having support is a great motivator and can turn exercise into a social event.

For another option, consider Homecare. Homecare caregivers not only help with daily tasks, such as laundry, light housekeeping, cooking and errands, they are also great companions for walking and all sorts of other exercises.

For more information about homecare please contact:

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