

Best Exercise and Fitness Activities for Seniors Over 65aa

As we age, preserving physical health becomes more essential for general wellness and excellent quality of life, especially during the golden years. By being fit, seniors maintain strength, mobility and balance, helping manage chronic conditions like heart disease and arthritis.

Exercise also enhances mental health, which minimizes symptoms of depression and anxiety. This guide will discuss top exercises for seniors over 60 and how to find a fitness plan.

Best Exercises for Seniors Over 65

Walking

Walking helps adults [build walking and balance skills](#) while improving circulation and blood pressure. It also strengthens your muscles, helping you live independently for longer. One way to increase activity is through dogwalking or walking with a companion.

Jogging

Jogging [keeps older adults young](#) as it promotes efficient walking comparable to adults in their 20s. It's also a low-impact activity that helps in maintaining a healthier weight. Also, jogging 5 to 10 minutes a day at slow speeds is linked to [lower risks of death](#) from diseases.

Swimming

Swimming is another low-impact exercise that [improves flexibility](#), stability and range of motion. It's also excellent for the heart since it lowers susceptibility to heart disease. If you're a beginner, start with one or two laps and gradually increase to more per session.

Cycling

Cycling [preserves balance and coordination](#) and subsequently improves lower body function. Regular cycling is also crucial in combating chronic conditions like arthritis, diabetes, and cancer.

Aerobics

Strong muscles, better mobility, and a sharper mind are just some of the benefits of aerobics. Even 2 ½ hours a week of moderate-intensity aerobic activities like situps or brisk walking can make older adults more [physically independent](#).

Bodyweight Training

Experts recommend weight training, like weight lifting, for those over 65 since it [helps improve balance](#), increases walking pace and makes stair climbing less difficult. Start with lightweight barbells and gradually increase the weights. Make sure to consult with your doctor first.

