



Importance of Exercise in Aging Well

As Senior living communities embark on wellness programming for their residents, it is important to understand the critical role that exercise alone can play in the overall health and well-being of older adults. While the leadership at the community may understand the importance of exercise, residents themselves may have a misconception about the needs and safety of older adults engaging in physical activity.

Benefits of Exercise for Seniors

The truth is that exercise helps older adults maintain a healthy body weight, reduces the impact of illness and chronic disease, improves mobility and balance, and can improve one's quality of life. In addition, one is never too old to begin a safely prescribed exercise program.

Along with the physical benefits of exercise for the aging population, there are also social and mental benefits that go along with it. Just getting out of the house has shown to decrease the risk of dementia with aging, so what better way than to get out and go to the fitness center with some friends. Exercise has mental benefits by helping to enhance sleep, boost mood and self-confidence, and also benefits regular brain functions to help keep the brain active, which can prevent memory loss, cognitive decline, and dementia. Exercise may even help slow the progression of brain disorders such as Alzheimer's disease and Parkinson's disease.

Exercise is one of the best ways to actually age-proof your body, sharpen your mind, and keep your spirit uplifted. The essential components of a balanced exercise program should consist of cardiovascular exercise, muscular strength and endurance, flexibility training, as well as functional training for balance and agility.

How Onsite Fitness Centers Can Help Residents Age Well

In order for older adults to safely engage in an exercise program, it is crucial that they receive personalized instruction from a qualified fitness professional. Communities have a wonderful opportunity to help their residents age well through providing an onsite fitness center with qualified staffing to assist their residents. The fitness staff can help each resident age well through an exercise program prescribed to that individual's needs, goals, and abilities. Furthermore, the fitness staff can help encourage participation in fitness offerings from all residents while helping to dispel the common myths associated with older adults engaging in exercise.

To find out more about bringing NIFS staff onsite to manage your fitness center, visit our website wellness.nifs.org or contact Emily Davenport at 317-274-3432 or by email.

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