
Senior Age Group Relative Exercises and Impact on Their Lifestyle

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Abstract: This article is an attempt to cover some rehabilitative and physical vigor program for the specified aged group. The exercises are the key factors to make a person fit throughout life a person can perform almost all vigorous exercises in the younger age but it's become difficult for an old age person to perform the same with same intensity and duration. Exercises therapy is recommended as an important component of rehabilitation programmes for old age people with aims of: reducing pain; improving, joint stability, functional ability, muscle strength and endurance, and aerobic capacity; and preventing bone loss and fractures, and improving or maintaining quality of life. As the most of the old age people are suffered from various diseases like arthritis, diabetes, blood pressure etc. Precautions while going for the physical exercises are also mentioned in the article.

Keywords: *Age Group, Exercises Plan, Precautionary exercises, Vigor.*

Introduction:

The exercises are the key factors to make a person fit throughout life a person can perform almost all vigorous exercises in the younger age but it's become difficult for an old age person to perform the same with same intensity and duration. The exercises in the old age help a person to avoid various diseases and keep themselves fit. The age ranges from 65-to onwards, the crisis in this stage is the integrity v/s despair in which the person finds meaning in memories or instead looks back on life with dissatisfaction. If the person have some aim in this stage then the crises will solve otherwise it leads to experience dissatisfaction of the people, despair of death prospects, decline in the physical activity and healthy condition. Decreased income, death of the spouse.

Inactivity of the people is found as fourth leading risk factor for global mortality (6% of deaths globally).the reason behind the exponential growth of the old population is found to be based on the involvement of the people in the physical activities, by the World Health Organisation (WHO) Active Ageing Framework (2002), to reduce the global burden of non-communicable disease 2012 is the European Year of Active Ageing and Solidarity between Generations and an associated programme of events is taking place across Europe. Active ageing means become old but with good health, independent and as an active member of society. However, it is known that health declines with age and active ageing involves

empowering individuals through knowledge relating to the impacts of lifestyle choices on health and well-being. 2012 also heralds the London Olympics, with a highlight on sporting excellence, and the 8th World Congress on Active Ageing, in Glasgow, UK, providing a platform to ensure the legacy of a more active population reaches even the oldest population

Benefits of Exercises for seniors and Role of Exercises in the Health of the Older People and Their Impact on Their Lifestyle:

The key to feeling better and living better is staying active. Exercises for seniors can

- Strength: Create a stronger torso and legs to increase you stability.
- Safety: Increase your ability to get up, walk and exercise.
- Mobility: Achieve a lasting ability to get around more easily
- Activities: Enjoy those tennis lessons or bike riding again
- Social: Begin to see and enjoy your friends and family Prevent cardiovascular disease,
- Delay the onset of diabetes,
- Diminish the symptoms of depression and improve mental health, and Relieve the pain from arthritis.
- Diminishes the risk of falling or if a fall occurs, speeds up one's ability to recover from a fall
- Going for activities in old age is the key factor to remains fit, mobile and independent. Exercises help to improve on strength, flexibility and balance.
- Delays ageing and prevention of various diseases.
- Physical exercises have excellent effects on physical function, muscle strength, balance and bone health, and cognitive function and sleep.
- Physical activity and enhanced fitness to improve cognitive function in older people without known cognitive impairment
- There is some evidence that physical activity delays the onset of dementia in healthy older adults and slows down cognitive decline to prevent the onset of cognitive disability.
- Physical activities can be an effective treatment for various serious diseases such as cardiovascular disease or osteoarthritis

As the most of the old age people are suffered from various diseases like arthritis, diabetes, blood pressure etc. The following are the precautions while going for the physical exercises:-

- Avoid strenuous and heavy weight exercises.
- Wear comfortable shoes while going for exercises.
- Avoid hilly and slippery runways for walking and jogging.

- Use the company of others while going for exercises as there are chances of falling down somewhere.
- Always use protective and soft footwear.
- Make sure you warm up at least 10 minutes before exercise and cool down for at least 10 minutes after exercise.
- Some soreness in the muscle belly can be expected but stop the exercise if you feel pain in your joints.
- Maintain a good upright posture during all exercises.
- Don't hold your breath while exercising. Make sure you breathe on the exertion part of the exercise
- Don't grip your weights tightly
- All movements should be done in a slow to moderate and deliberate manner

There are many ways to work your muscles. Two of the most common are isometric exercise and progressive resistance exercise:-

1. Isometric exercise

- Involves tensing your muscle without movement as in pressing your leg down while someone blocks any movement.
- You may remember this form of exercise promoted by Charles Atlas.
- You must remember though, that with isometric exercise there is no movement.
- This means you are not working on joint range of motion and flexibility.
- Because there is no movement, isometric exercise can also increase your blood pressure.

2. Progressive resistance training

- It is another method of strengthening your muscles.
- This is what you do when you lift free weights, elastic exercise bands, or use adjustable commercial cable machines.
- If you are already conditioned and used to this training it may be safe as long as you check with your doctor.
- Be careful though. Heavy weights may cause injury and increase blood pressure in older adults.
- Seek out professional advice if attempting a heavy weight elderly strength training program.

Types of exercises for old age people:

The WHO Global Recommendations on Physical Activity for Health (2010) suggests that people with age 65 yrs and above.

- Should go for at least 150 minutes of moderate intensity exercises or at least 75 minutes of aerobic exercises thought the week.
- Aerobic activity can be in the form of reps of ten minutes. The people will go for strengthening exercises twice a week. Activities to improve balance thrice a week.
- Also trying to minimise the time of unusual postures (sitting and lying down).
- Walking is one of the best (and simplest) exercises for seniors. Head to the nearest park and enjoy the fresh air
- Many gyms offer excellent low-impact exercise classes for seniors, but staying fit doesn't require a gym.
- For older adults and seniors who want to stay healthy and independent, the National Institutes of Health (NIH) recommends four types of exercises:

Conclusion:

In conclusion of the above discussion it preferred that the exercises should perform correctly and under the guidance of experts and below mentioned various body zone specified exercises for the old age group people.

TRUNK AND BACK EXERCISES	LOWER BODY EXERCISES	UPPER BODY EXERCISES
Eccentric straight leg raise Bent knee raise Curl ups Cat and camel Back extension Leg extension Bridging	Ankle circles Hip marching Knee extension Calf raises Standing knee flexion Side hip raise Sit and stand	Bicep curls Overhead elbow extension Triceps kickbacks Diagonal inward shoulder raise Shoulder rolls Overhead press

Pelvic tilt Sit backs Arm raises on back Arm raises on knees Hip flexion	Heel stand Lunges Straight leg raise Partial squats Hip extension	Shoulder press lying down Upright rows Bent over rows Side shoulder raises Elbow side extensions.
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Endurance Exercises

Endurance exercises are any activity that increases your heart rate and breathing for an extended period of time. Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time. The following are the aerobic exercises which the oldage people can perform as under:-

- Walking
- Jogging
- Swimming
- Biking

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