

Exercises for elderly



Objective:

The purpose of exercises for elderly is to promote mobility, strength, and balance among. By regularly performing these exercises, the goal is to maintain or improve body mobility, strengthen muscles, and enhance balance. This may result in increased well-being and a reduced risk of falls.

Instructions:

Try one of these balance, strength, endurance, and flexibility exercises:

- 10-minute Workout : <https://youtu.be/G1lwVhnnkoU?si=uiMhNyYoOPUNi2RL>
- Stand on One Foot Balance : <https://youtu.be/QT5d4tTXW6U?si=lxK-p7r9TSAG1DNE>
- Balance Exercise: <https://youtu.be/4YOBIEOobCE?si=lkpkDywVscmiqTzc>
- Heel-to-Toe Walk Balance Exercise: https://youtu.be/z_GKdFf3qv4?si=xxK31NlaPbslcygh
- Back Leg Raise Strength Exercise: <https://youtu.be/B54sRn3f8S0?si=heJNwdGP4L4X2KLt>
- Side Leg Raise – Strength Training Exercise: <https://youtu.be/045sWtKt5D4?si=vmQKuwbYsqjnxM7>
- Toe Stand Strength Exercise: <https://youtu.be/04zZLGcrN5Y?si=2QneuHl1n-WX5-ef>
- Chair Dip Strength Exercise : <https://youtu.be/LVRcXDEdC5U?si=qJwaj6xIWAmVvOp5>
- Wall Pushups Strength Exercise : https://youtu.be/751E9kAdkwg?si=D7bZHG_WDYPeplgl

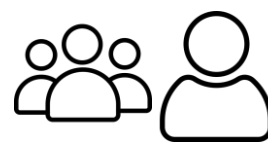
Time: Short



Activity: Activating



Fellowship: Together or Alone



The different exercise programs vary in time all from a few minutes up to 10 minutes. Choose a program that is suitable to the participants physical abilities and preferences.

These activities can be performed individually or in a group. Participating in a group promotes social interaction and can create a sense of belonging within the group.

Source: The activity is created with inspiration from models and ideas from national material banks, National Institute on Aging: [Exercises for older adults](#) and ChatGTP's proposal