

Exercise for the Elderly

Exercise is important for elderly because it can **delay health conditions that come with age**. Exercise can help **strengthen muscles** which will maintain mobility and independence with day-to-day activities.

A little exercise is better than none at all. CDC recommends **30 minutes of moderate-intensity aerobic activity 5 days a week**. Additionally, supplement with strengthening and balance exercises/activity.



Aerobic Activity

- **Walking at the Park**
 - Low impact
 - Can be a social activity
 - Can improve cardiovascular system and strengthen lower body
- **Aquatic Activities**
 - Easy on joints
 - Improves muscle tension, flexibility, and cardiovascular system
- **Elliptical Machine**
 - Higher intensity
 - Takes stress off hip and knees
 - Targets cardiovascular system
 - Works full body



Balance Activity

- **Tai Chi**
 - Low impact and slow motion
 - Maintains balance, flexibility, and strength
 - Targets full body



Strength Activity

- **Body-Weight Exercises**
 - Safe and does not require equipment
 - Improves muscle strength and joint stability
 - Ex. **Hip bridges, wall push-ups**



Locations

- Ping Tom Memorial Park
- Henry C. Palmisano Nature Park
- McGuane Park



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老年人运动

老年人一定要注意多运动：定期运动可以**延迟跟老化有关的健康问题**，加强肌肉，增加活力，保持独立。

一点运动总比完全不运动好。CDC 建议**每个星期做5天的中等强度的运动，每次运动半小时**。此外，一定要记得做加强肌肉以及锻炼平衡的活动。



有氧运动

• 在公园散步

- 低冲击的有氧健身运动
- 也可以是个社交活动
- 提高心肺功能和心血管健康，加强下身

• 椭圆机

- 高冲击的有氧健身运动
- 减轻髋关节和膝盖的压力
- 锻炼心血管，全身锻炼

• 游泳

- 对关节压力较小
- 放松身体紧张
- 训练柔韧性
- 提高心血管能力



体力运动

• 体重运动

- 又安全又不需要器材
- 加强体力和关节稳定力
- 比如：臀桥，墙壁俯卧撑



运动好地点

- 谭继平纪念公园 (Ping Tom Memorial Park) 地址：1700 S Wentworth Ave, Chicago, IL 60616
- Henry C. Palmisano Nature Park 地址：2700 S Halsted St, Chicago, IL 60608
- McGuane Park 地址：2901 S Poplar Ave, Chicago, IL 60608



锻炼平衡的活动

• 打太极拳

- 低冲击，节奏频率比较缓慢
- 可以保持平衡，柔韧性和体力
- 是个全身运动



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