



# Simple Exercises That Strengthen Your Muscles

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**ADULT NUTRITION**

**ARTICLE**

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It's a constant refrain from health experts: consistent exercise is better for one's body than medication, at any age. A medical survey found that exercise's effects were at par with drugs for diabetes and heart disease; and more effective than drugs as therapy for stroke.<sup>1</sup>

Exercise is also known to strengthen the immune and skeletal systems, improve heart health and help our cognitive functions active. The more one exercises, the easier it is to go about one's daily activities and lead independent lives – thus, maintaining an active lifestyle becomes more important as we age.

For instance, seniors commonly experience a reduction in muscle strength. Muscle loss happens as we age, and one of the best ways to maintain our muscles is through exercise.

As we get older, we need to make sure that we're doing the right kinds of exercise. Our ageing bodies have different needs compared to when we were younger. Therefore, it's crucial to choose the exercises and activities that meet these needs.

Here are some simple exercises that help to strengthen our muscles.

## Walking

For seniors, walking may be one of the most common forms of exercise. There is a reason it is so popular among this age group: because it meets the healthy needs of seniors.

Routine walk helps you to build strength and endurance. And it improves balance and flexibility, which is important for seniors. And it also helps to improve blood circulation and may provide cardiovascular health benefits. The social element of doing it together with a group is beneficial for mental health too.

## Strength Training

Strength exercises work your muscles and keep them strong. Examples include push-ups, sit-ups and assisted chin-ups. Working out with dumbbells also strengthens your muscles. Plus, they improve balance and flexibility.

Incorporate strength training into your exercise routine at least twice a week for best results.

## Resistance Band Training

Resistance bands reduce the stress on your body while you're exercising. You'll strengthen your muscles with less strain on your joints. They're inexpensive to buy and easy to store, which means you can use them in your home workouts.

Get advice from a personal trainer, or search online for the best type of exercises with resistance bands suitable for your age and health status.

## Essential Exercise Tips

Before getting started on any of these exercises, follow these exercise tips for seniors:

Visit the doctor before you start any exercise and discuss your plans with them. This is especially important if you have any pre-existing medical conditions.

Get the appropriate workout clothing. The right shoes are essential to maintain balance and reduce the risk of injury.

Start easy and build your exercise routine bit by bit. Also, start slow at the beginning of every exercise session. The aim here is not to over-exert yourself from the start.

Spend time on warming up and cooling down. Your body needs more time to recover and heal, so give it the time it needs.

Stop if you feel dizzy, have chest pains, any pain in your joints, or experience shortness of breath.

Pair a vigorous exercise regimen with a healthy diet packed with healthy foods such as fruits and vegetables. If your nutritional needs aren't being met by your present diet, try supplementing with nutritional drinks like Enercal Plus.

This beverage provides you with the nutrients you need as a senior, as part of a balanced diet. Enercal Plus is scientifically formulated with 50% whey protein and 50% soy protein. This unique combination works together to support muscle strength, so you can be better prepared against age related muscle loss. Combined with exercise, it can go a long way in helping you stay in the peak of health!.

Disclaimer: This content is shared for informational purposes only and not intended to be a substitute for professional/medical advice, diagnosis, or treatment. We recommended that you always seek the advice of your healthcare professional for any questions you may have regarding a medical condition/specific situation.

## Reference :

1. <https://www.bmj.com/content/347/bmj.f5577>

