

Title A: Exercise Is for Everyone: 4 Benefits of Exercising While Aging

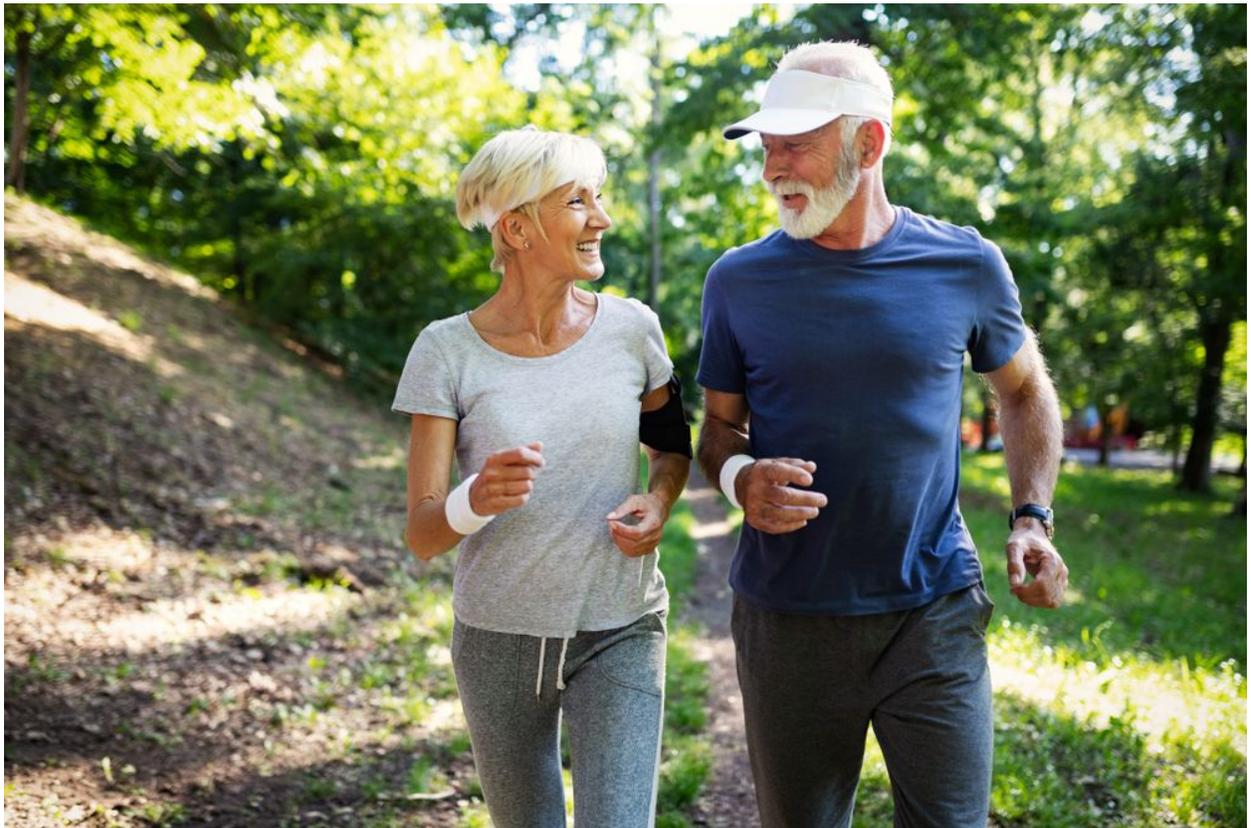
Subtitle A: Everyone can benefit from a regular exercise routine. Here are several exercises perfect for people over 65.

Title B: 4 Benefits and Exercises for Seniors

Subtitle B: Here are four benefits of exercising after 65 and the perfect exercises to accomplish your goals.

Title C: 4 Benefits of Exercise for Seniors and the Best Exercises for Aging

Subtitle C: The joys of exercising are for everyone. Here are the benefits along with four exercises for seniors.



Exercise has never been [more popular](#) for adults of all ages. Seniors, in particular, are seeing benefits unlike ever before, thanks to modern science and medicine. These benefits of exercising while aging include boosts to your physical welfare and mental state.

You can learn about four of these benefits in this post. You'll also find some great types of exercises for elderly individuals aimed at attaining each of these benefits. Some of these [exercises are chair exercises for seniors](#) who have time, mobility, or storage limitations to show you that exercise is truly meant for everyone.

1. Injury Prevention and the Modified Squat

Strengthening muscles has an array of benefits for seniors.

Aside from being more capable of day-to-day tasks like lifting heavier objects, you'll also be less likely to hurt yourself. Strong muscles are resilient muscles, so seniors who exercise are [less likely to experience an injury](#).

We highly recommend [modified chair squats](#) for seniors looking to stay strong. The squat is a full body exercise that builds solid, resilient muscles.

You'll need to make sure that you perform this exercise properly as improper squatting form can cause serious knee and back injury (especially if you intend to include added weight in the exercise). The addition of a chair is a great way to make this exercise safer for seniors as it's used for stability and balance.

2. Go Longer Through Endurance Training



[Source](#)

There are many different types of endurance training, but they all have one thing in common: they increase your energy. If you are looking to feel less fatigued throughout the day, endurance training through a [simple daily walk](#) is a great step to take.

Even a [short regular walk](#) can increase your day-to-day endurance. These walks will also come with several other benefits, including better heart health and respiratory efficiency.

3. Balance Benefits and Yoga

Increasing balance is a great goal for anybody, especially seniors. As we age beyond 65, we become more prone and sensitive to falls. You can maximize your functional balance by practicing [yoga](#).

Mountain Pose and Tree Pose are both excellent for practicing balance. In addition, they can be made safer for seniors through the introduction of a chair. Simply place a sturdy chair against a wall with the chair's back facing you, then use one hand for increased stability while carrying out the poses normally.

The front legs of the chair against the wall should help prevent the chair from toppling over. Incorporating a chair for seniors is a great way to promote balance and prevent falling or tripping while executing these exercises.

Yoga is one of the best types of exercises for the elderly and comes with many benefits of its own, including increased mental clarity.

4. Mental Clarity via Breathing Exercises

Breathing exercises and meditation are other excellent ways to increase mental clarity. Performing these exercises will improve your mental state, resulting in an increased focus and calmness.

We recommend the [4-7-8 breathing exercise](#) for decreased anxiety and increased focus. This breathing exercise is also wonderful for getting to sleep faster and achieving a better night's sleep.

Final Thoughts

As you can see, exercising really is for everyone. Individuals of all ages can benefit from having an exercise routine tailored to their needs. Seniors, in particular, can see benefits in their health, energy, balance, and clarity by practicing these four inclusive exercises.

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