



*Photo courtesy of St. Lukes*

## **Effective Health tips for senior citizens**

### **Introduction**

As you grow older, you may start to feel like exercise is no longer important. Your joints may protest when you try to run or cycle, and even walking can appear exhausting if it means carrying a bag of groceries or climbing stairs. But while the aches and pains of aging are inevitable, there are plenty of things you can do to stay active and healthy as well as prolong your life. Exercise is one option that will help boost your overall health by strengthening your bones and muscles as well as improving balance and coordination which will aid in avoiding falls later on down the road.

### **The most important thing is to keep your body active:**

The most important thing is to keep your body active. As you age, it's important to stay active and healthy in order to live a long and happy life. Older age comes with diseases to be it [kidney disease](#), diabetes etc. so it's best to consult a doctor and exercise too! In fact, regular exercise can help reduce stress and lower blood pressure as well as increase energy levels! It also gives you more confidence when it comes to doing things around the house or taking care of yourself if you need assistance from others because they know that their loved ones are able

to take care of themselves by staying active on a daily basis through various activities like walking outside for about 30 minutes each day (or longer) along with other forms of physical activity such as swimming laps at the local pool during summer months when temperatures rise above 70 degrees Fahrenheit (21 Celsius).

### Maintain a balanced diet:

The first step towards a healthy lifestyle is having a balanced diet. It is important to take care of your body by eating right and exercising regularly, but it's also essential that you don't overdo it.

- Eat at least five servings of fruits and vegetables every day
- Don't skip breakfast--it's the most important meal of the day!
- Limit sodium intake by avoiding processed foods and fast food restaurants as much as possible

### Engage in physical activity:

For seniors who are looking for an activity that they can enjoy without straining on their joints or muscles, yoga is a great option. Yoga helps improve flexibility and balance as well as promote relaxation through breathing techniques. Just try not to overdo anything, you can also find [mass gainer](#) for seniors too, but consult a doctor first!

If you're looking for something more vigorous and active than yoga but less rigorous than running around the track at your local park, Tai Chi might be right up your alley! This Chinese martial art combines slow movements with deep breathing exercises which have been shown to improve strength while reducing stress levels dramatically (in fact one study found that practicing Tai Chi helped lower blood pressure by 4 points!).

### Get enough sleep:

You should get at least seven to eight hours of sleep each night. This will help you stay healthy and alert throughout the day, especially if you're a senior citizen.

Sleep is important because it helps your body recover after doing things like working or exercising during the day. It also reduces stress levels so that you feel calm and relaxed at night when going to bed.

### Go for regular checkups:

It is important to go for regular checkups at the doctor's office. It will help you stay healthy and prevent any diseases from occurring. If you notice any changes in your body or health, make sure that you go see a doctor as soon as possible.

### Drink plenty of water:

Drink plenty of water every day--at least eight glasses per day is recommended for most people, including seniors! Drinking enough water helps maintain proper hydration levels in the body which keeps everything working properly inside our bodies (including our brains). If we don't get enough fluids into our systems then we may become dehydrated which could lead to dizziness or headaches along with other symptoms such as fatigue & weakness.

### Strengthen your bones:

Bones are a key component of the human body and they make up about 25% of its weight. As we age, bones become weaker due to calcium loss and osteoporosis (a condition where bones become fragile and more prone to fractures). In fact, one out of every two people over the age of 50 will be diagnosed with osteoporosis at some point during their lives.

To help prevent this condition from occurring, here are some tips you can follow:

- Eat foods high in vitamin D like fatty fish or take supplements daily if needed (vitamin D deficiency has been linked to low bone density).
- Exercise regularly by walking briskly for at least 30 minutes per day at least five days per week; swimming; riding an exercise bike; doing weight-bearing exercises such as jogging or jumping jacks; dancing etc.)

### Check your weight and blood pressure regularly:

Make sure you check your weight and blood pressure regularly, as well as your cholesterol level if you are over age 45 or have high blood pressure or cholesterol levels.

The National Heart Lung and Blood Institute recommends that all people 20 years of age and older get their blood pressure checked at least every two years. If you have diabetes, a family history of heart disease, or other risk factors for cardiovascular disease such as smoking or being overweight (having a body mass index greater than 25) then it's important to have these checks more often--at least once a year.

#### Visit the dentist at least twice a year for cleanings:

- Visit the dentist at least twice a year for cleanings, dental exams and fluoride treatments to strengthen tooth enamel. Get a flu shot every fall to prevent illness during flu season.
- Eat a healthy diet that includes plenty of fruits and vegetables, whole grains, low-fat dairy products (if you eat them) and lean protein sources such as fish or poultry with each meal. Limit fats in your diet by choosing lean cuts of meat; trimming off excess fat from chicken breasts; removing skin from poultry before cooking it; substituting egg whites for whole eggs whenever possible; avoiding fried foods like potato chips and French fries; choosing non-butter spreads such as olive oil instead of stick margarine when spreading breads on sandwiches.

#### Take care of your mental health:

Mental health is an important part of overall wellness, and it's something that many seniors forget to take care of. If you're feeling depressed or anxious, talk to your doctor about it! It might be time for medication or other treatment options.

#### Conclusion

As you can see, there are many ways that you can stay healthy as a senior citizen. The most important thing is to keep your body active and engaged in activities throughout the day. If you feel like not exercising at all due to tiredness, try stretching or light aerobic exercises instead of more intense ones such as jogging or cycling because they don't require much effort but still provide similar benefits to regular exercise programs.