



Doing sport helps in maintaining health





According to the recommendations of the World Health Organization, people aged 18-64 should spend at least **150 minutes of moderate activity per week**. It can be divided into 5 sessions of 30 minutes or longer.

People over 64 years old have similar recommendations as to the length of activity during the week, but if health does not allow it, they should be as active as they can.

Why is movement so important for older people?

Adults often have calcium and vitamin D3 deficiency as well as hormonal disorders that can lead to osteoporosis. Then there is a gradual disappearance of mineral salts and weakening of the bones, which increases the risk of breaks.

Unfortunately, older people after a break, do not recover so quickly, they can even immobilize themselves through a break for the rest of their lives.



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Why is movement so important for older people?

Lack of daily gymnastics, overweight, posture defects, incorrect sitting position often lead to back pain or discopathy, which also affects young people. It involves sliding the discs, which is accompanied by severe pain and numbness in the limbs.



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Why is movement so important for older people?

The movement is primarily to enable and facilitate daily activities. Therefore, older people should focus on functional training, strength training, which will firstly strengthen their muscles, improve the range of motion in the joints, but also strengthen the bones. Thanks to this, seniors will be able to cope with everyday situations such as shopping and taking them up the stairs to the apartment for several floors, cleaning the apartment, tying shoes or even, in extreme cases, rising from the floor in the event of a fall.



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What exercises are recommended for seniors?

Before start with the main training, **you need to warm up**, which raises body temperature, making the muscles elastic, and thus less susceptible to injury during exercise.

The form of warm-up (8–10 min):

- At the gym
- At home or in the fitness room



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At the gym:

- walking on the treadmill (uphill or on a flat surface),
- elliptical cross trainer (perfectly protects the joints against strong contact with the ground as it occurs e.g. while running),
- rowing machine (strengthens and warms up the back and shoulders),
- stepper or stationary bike (for older people it's recommended a horizontal bike, because it has a comfortable back support and it is much easier for a senior to get on such a bike than a vertical one).



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At home or in the fitness room

- warm up and start up the neck (neck turns to the right, left side), half-circle from shoulder to shoulder (important - we do not do full circulation in particular, do not tilt the head back too much so that there is no pressure on the nerves - older people often faint in such situations - as an example from life - hanging curtains),
- hip circulation,
- climbing on your fingers (make sure your ankle joints are stable and don't move sideways,
- raising one leg bent at the knee (builds balance, strengthens deep muscles, teaches motor coordination),
- arms circulation,
- circling your feet while standing on one leg,
- rolling the spine (roll down, roll up - relaxes and makes the spine more flexible, extends intervertebral spaces),
- march.



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Main training - will improve body functions.

Primarily, strength training (resistance) based on functional movements, unilateral exercises, i.e. involving one limb, tissue mobilization - i.e. increasing joint mobility, making tissues more elastic, but also cardio training for improving the work of the cardiovascular system – all these will improve the health of seniors.



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Examples of exercises

Squats (it's best to start from the version of "sitting on the chair, so as to secure at the hardest moment of sitting or getting up) as the senior copes well, you can go with him to the squat on TRX (hands hold the handles, it is stable) or for ordinary squats with a body weight or a low external load.



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Examples of exercises

Deadlift (if there are no hernias, discopathy) will teach the senior how to lift something from the ground.



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Examples of exercises

Step forward (preferably leaning against a wall, chair or holding TRX) - will strengthen the muscles of the legs, buttocks; if the senior is doing well, you can try to take a step, but this requires good coordination.



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Examples of exercises

Glute Bridge (raise your hips while lying on the floor) - a very important exercise for seniors who usually have weakened buttocks and thus back pain; the exercise is performed on bent legs, tense stomach, shoulder blades stuck to the floor. We raise our buttocks to the full extension of the hips and lower (it will also be important to work at the right pace and isometric work, i.e. maintaining constant muscle tension, e.g. raising your hips - holding for 3s or longer high and then lowering).



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Examples of exercises

Swimming (kneeling supported and raising, e.g. one arm forward or to the side/raising straight legs in the knee alone/or a combination of exercises: the opposite arm and the opposite leg) this exercise will strengthen the deep abdominal muscles, back and build balance of the body.



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Examples of exercises

Supported knee - table position (starting position is supported knee - the knees are under the hips, hands under the shoulders; the senior lifts his knees above the mat and holds several seconds) will strengthen the muscles of the legs, arms and stomach.



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Examples of exercises

Supports - board (in the easy version the senior holds the position of the supported knee and extends the knees a little further - beyond the hip line; tightens the stomach and buttocks), the more difficult version can lift the knees above the mat.



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Examples of exercises

Ridge lying on the stomach.

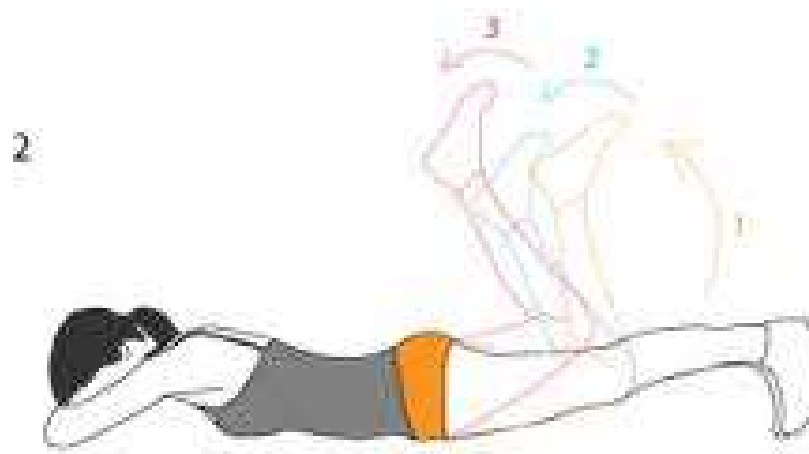


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Examples of exercises

Leg lifts lying on the stomach (we lie on the stomach, we put our hands under the forehead, legs straight in the knees, we start the movement by pressing the hip spikes into the mat and then raise one leg until the buttock tension).



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Examples of exercises

Swimming while lying on the floor (position as above, but straighten your arms in the elbows and stretch out in front of you, the head is slightly raised, but we do not mess the chin - we lengthen the spine; we raise our right hand and left leg to tighten the buttock at the same time, then the other side).



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Examples of exercises

Rolling the spine while sitting (something a'la sit up, but we do it controlling the vertebrae after the vertebrae) we sit on the mat, the knees are bent, round the back and we begin to put the vertebral column vertebrae (vertebra, chest, neck and head, and then vice versa) the first we tear off the head, chest, loins – tip: let senior grab under thighs, it will be easier).



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Examples of exercises

Shoulder lifts sideways/forward while sitting on a chair/bench.



Upper Back Stretch



Chest Stretch



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Examples of exercises

Pushups against the wall.



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Examples of exercises

Pulling up on TRX (in the gym) will make your back and arms work well.



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What to avoid?

Seniors should not do HIIT (high intensity interval training), they should not do exercises too fast, with high intensity or heavy load.



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Relaxation/stretching

It is important to stretch the body so that the muscles can regenerate and become more elastic.



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Be active!

THANK YOU



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