



National Senior Games Association

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Fitness Tips for Seniors

While there are plenty of common misconceptions arguing against the idea of exercise for senior citizens, these faux-pas should never stop you or your loved ones from staying active. In addition to helping maintain weight, exercise is particularly important for seniors for numerous reasons, which range from ensuring heart health, strong bones, and a clear head. Below, care management expert *Claudia Fine, LCSW, MPH, CCM* and SeniorBridge's Chief of Professional Services has gathered some of the easiest, yet most effective, ways that seniors can stay fit.

Get Educated

If the only thing holding you back is the fear of getting hurt, get educated! Look for classes at local schools, or meet with a personal trainer or dietitian, to learn more the right types of fitness for you.

Know What's in Your Area

If you're more into group fitness, then local health and fitness activities for seniors can help get you out the door. Be sure to check out your local health clubs, places of worship, hospitals, shopping centers, parks and recreation calendars, and retirement communities to find out what's happening in your area.

Find a Buddy

There's nothing more beneficial, when it comes to exercising than having a friend who can give you that extra push. Here are a few things you can do with a buddy, to strengthen your body as well as your relationship.

- Talk over a walk.
- Stretch together.
- Take a fitness class together.

Motivate Yourself

If working out is something you'd rather do on your own, then get yourself motivated! The best way to do this is by listening to music, which can boost your spirits and endorphins, and allow you to better keep time of your work out, providing you with a beat and pace to follow.



About the Author:

Claudia Fine, LCSW, MPH, CMC, CCM, is Chief of Professional Services at Humana Cares / SeniorBridge and has worked in elder care for 30 years. She is a member of the New York Society for Clinical Social Work Psychotherapists, the American Society on Aging, and sits on the Women's Health Management Board of Directors.

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