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Gaps in care Outreach
topic:

Heart Awareness

Senior Fitness

Follow the Link:

Helpful Links:

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February Health Awareness Month is an ideal time for seniors to prioritize cardiovascular health.

Core Guidelines for Senior Fitness

To build safe, sustainable physical activity habits, seniors should focus on the following weekly targets:

- **Aerobic Activity:** At least 150 minutes of moderate-intensity exercise per week (e.g., 30 minutes a day, 5 days a week). Good options include brisk walking, swimming, or water aerobics.
- **Muscle-Strengthening:** At least 2 days a week targeting all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) using body weight, bands, or light weights.
- **Balance & Flexibility:** Incorporate activities like **Yoga** or **Tai Chi** to reduce the risk of falls and maintain an active independent lifestyle.

Best Practices for Safe Execution

- **Start Slowly:** Avoid jumping hastily into vigorous workouts. Begin with short, 10-minute sessions and gradually increase intensity and duration over time.
- **Focus on Consistency:** Small amounts of movement, like household chores, gardening, or walking your dog, add up over the day.
- **Utilize Local Resources:** Explore online group classes or community centers (such as your local YMCA or SilverSneakers program) for safe, guided workouts.
- **Listen to Your Body:** If taking a break due to illness, always start again at a lower level and slowly work back up.
- **Always Consult a Doctor:** Before beginning a vigorous routine or if you have pre-existing conditions like heart disease, arthritis, or diabetes, be sure to speak with your physician

Contact your UOP PCP today

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