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Importance of Exercising for Seniors by [Joshua C Kozak](#)

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If you knew you were going to live to 100, then would you take better care of yourself? It's true that some people are born with better genes, and can have a diet consisting of beer and bacon and live until there 100. But, most of us aren't quite so lucky and need exercise and proper nutrition to help us as we age. Research proves that it is never too late to start. This article will discuss tips for seniors on exercising.

The U.S. population is aging quickly. The ACSA reports that by the year 2030, the number of people in the United States 65 years and over will reach 70 million. They also report that the fastest growing part of the population will be people 85 years. Whether your 55 or 95, exercise has been proven to help improve your quality of life.

As we age our muscle go through changes. Our muscle mass decreases as we get older. Beginning in the forties, adults can expect to lose 3%-5% of muscle mass in the decade, and the decline increases to 1%-2% per year after age 50. Muscle makes us strong, it helps burn calories and maintain our weight, and it contributes to our bone strength, coordination, and balance. Without muscle, we can lose our ability to be independent and our mobility.

It is never too late to build muscle. Muscle mass will increase through exercise at any age. In a recent study on the effects of weight lifting on older adults (ages 70-100) conducted with 100 female and male, participants lifted weights with their legs three times a week for ten consecutive weeks. The study's results found that subjects experience a 100% gain in leg strength. In another study of individuals 65-79 years old, subjects who lifted weights three times a week for three months increased a 40% increase in their endurance.

There are several great exercises for seniors. Some of the best aerobic exercises include walking, dancing fitness classes, biking, and swimming or water aerobics are all good options. Low impact aerobic exercise videos can be another great option. It is important that seniors also engage in strength training. You don't need to lift a lot of weight in a gym to do resistance exercises. There are hundreds of exercises that can be done in your living room with some light weights. The gym is an option if you prefer. The most important thing about working out is to do it. The second most important thing is to keep it up. If you follow those two basic guidelines, then exercise can increase the quality and longevity of your life.

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Joshua "Coach" Kozak has been a fixture in the world of health and fitness for over 10 years. New a [easy exercises](#) to get you in shape and a [exercise teenagers](#)

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