

**- Exercise**

## Exercising is essential as you get older

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Exercise and physical activity can help you stay healthy and energetic. And it becomes even more important to remain active as you get older, helping you maintain your independence and improve the quality of your life.

Despite research showing that the number of older adults who are getting up and getting active has been increasing over the last 12 years, elderly people still make up the most sedentary age group, with six out of 10 older adults classed as inactive.

This has major repercussions for their health – with high rates of obesity, heart disease and falls prevalent among our elderly community.

If you don't stay active, all the things you've always enjoyed doing may start to become that little bit harder. You may struggle to pursue simple pleasures, such as going to the shops, playing with the grandchildren, leisure activities and meeting up with friends.

You might start to get aches and pains that you never experienced before, and have less energy to go out. This can all lead to being less able to look after yourself and lead the life you are used to.

There's strong evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia.

If you want to stay pain-free, reduce your risk of mental illness, and be able to go out and stay independent well into old age, you are advised to keep moving. It's that simple.

### BENEFITS OF EXERCISE

Physical activity can add years to your life; Physical activity improves quality of your life; Maintains healthy weight; Manages stress; Improves quality of sleep; Helps reduce your risk of falls; Makes you feel great.