

Housing Channel

Title: Fitness Exercise for Elderly – Is it good for me?

- Super Fitness Exercise for Elderly – Is it good for me?
- Super Mark Sir
Advanced Personal Trainer, Po Leung Kuk Wan Lam May Yin Shirley Neighbourhood Elderly Centre
- Super Strengthen cardio functions
- Mark Sir This set of exercise can strengthen the cardio functions of the elderly. This is one of the benefits

It can also help them to build muscle and train their balance
- Super Build muscle and improve balancing
- Mark Sir The elders are usually weak in balancing

one of the reasons is muscle loss

Workout can strengthen their lower limbs

and help to prevent them from falling
- Super Relieve the “three hyper” problems
- Mark Sir If you have the “three hyper” problems (hyperglycemia, hyperlipidemia and hypertension)

it's actually good for you

Why?

Because the exercises can help control your blood glucose level

and your weight

to reasonable levels

these problems will then be solved

Super Depending on your physical conditions
Don't push yourself too hard

Mark Sir We recommend you to workout

depending on your physical conditions of the day

and don't push yourself too hard

Super Blood pressure should be at normal level

Mark Sir If the elders are suffering from hypertension

they have to check their blood pressure first

to see if it is normal

If yes, then they can do the exercise

Super Mr Wong
Elderly Volunteer

Mr Wong The Fitness Exercise makes me more agile

Super Ms Tsui
Elderly Volunteer

Ms Tsui It has not only made us physically fit

but also cheered us up

That's why I would recommend to you this exercise