

Exercise Links and Recommendations

Tips and links to get started stretching and moving towards a stronger you!

Overview

There are so many exercise channels and links out there, please make sure that you do your due diligence before following anyone, and BEFORE jumping into any exercise program especially if you have any physical issues.

Low-impact exercise refers to physical activities that are gentle on the joints and bones while still providing benefits for overall fitness. These exercises are ideal for seniors who want to stay active without putting too much strain on their bodies. Examples of low-impact exercises include cycling, dancing, swimming, and walking. These activities offer a wide range of health benefits, including improved cardiovascular health, increased muscle strength, and enhanced balance and coordination.

- Low impact exercises help seniors to maintain an active lifestyle and enhance their well-being.
- Balance is especially important as we age, and low impact exercises help us to regain and improve our balance.
- A range of exercises such as cycling, dancing, swimming, and walking provide low-impact options for seniors.
- Before starting any exercise program, always consult with your doctor and follow their medical advice.

LINKS:

[8 Low-Impact Workouts and Exercises for Seniors - SilverSneakers](#)

<https://livingyourseniorlife.com/low-impact-exercises-for-seniors/>

<https://youtube.com/@arthritisadventure?si=mGRzImZDBI7Gifl9>

[Low-Impact Exercises That Work for All Ages \(webmd.com\)](#)

<https://www.youtube.com/@SeniorShapeFitness>

<https://youtube.com/@chairyogacheri?si=DnVFM8EE96wOa7qN>

Reading List:

Low Impact and Gentle Chair Exercises for Seniors: Learn Cardio, Yoga, Core and Strength Training to Improve Endurance, Balance, and Flexibility in 20-minute Routines - Diana Igram <https://a.co/d/9SlEueK>

Balance Exercises Bible for Seniors: 12-Week Plan to Prevent Falls and Walking with Confidence in Under 10 Minutes a Day | Pictures Included for Easy Understanding - Alessandro Villanucci <https://a.co/d/idlBPkH>

Coach Bronson Ultimate Guide to Ketogenic Fitness - Bronson Dant
<https://a.co/d/aisrCBT>

Forever Strong: A New, Science-Based Strategy for Aging Well - Dr. Gabrielle Lyon
<https://amzn.to/429BG3A>

5-Minute Balance Exercises for Seniors: The Illustrated Guide to Fall Prevention with Simple Home Exercises to Improve Balance and Posture & Never Fear Falling Again + 30-Day Workout Plan! - Alfred Allen <https://a.co/d/gjawhde>

Stretching Exercises for Seniors: Simple Movements to Improve Posture, Decrease Back Pain, and Prevent Injury After 60 (Strength Training for Seniors) - Baz Thompson
<https://a.co/d/he9EVZ2>

Please note: Several titles can be read for free with Kindle Unlimited. It is super easy to borrow and return them!