

# Exercises for Seniors to Do at Home

Since we're spending more time than usual in our homes, you may be looking for ways to keep yourself entertained. Whether it be catching up on favorite T.V. shows or finally finishing that puzzle, we're finding even more ways to enjoy our days. Another great way for you to spend time at home is to find indoor exercises to do to keep you active.

It's important to include exercise in your daily life to keep your body healthy and functioning correctly. While you may think you need a gym in order to get physical activity in, there are plenty of ways for you to exercise right in the comfort of your own home. Keep reading for ideas of indoor exercises.

## Best Indoor Exercises for Seniors

**Walking.** Regular walks help you strengthen bones and muscles, maintain weight and improve your coordination. While taking a walk outdoors allows you to enjoy the beauty of nature, you can just as easily walk indoors. Looking for a little bit of extra walking time? Try walking in place while watching your favorite T.V. show or movie - this is just one simple way to stay active during your daily routine.

**Yoga.** Yoga is an effective way to stay active at any age, and all you need is yourself and either a towel or mat to practice - meaning this can be done wherever you have the room to stretch. Yoga benefits include increased balance, boosted mood, protected joints and increased strength. If you're not sure where to start, [YouTube offers plenty of yoga classes online](#) for free designed for all skill levels.

**Balance exercises.** You're able to do a majority of balance exercises from the comfort of your own home. From yoga poses designed for balance to simply standing on your foot, balance exercises help you find your center of gravity and decrease your risk of falls. One exercise is a chair leg raise: sit in a chair with your spine straight and both feet directly under your knees. Slowly straighten your right leg, holding it in the air for a few seconds, and then lower it back down. Repeat with your left leg. Perform as many sets as you feel comfortable doing, with about 10-20 repetitions each set.

**Household chores.** Did you know that you're helping your body stay active

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simply by cleaning and tidying your house? It's true! Wiping down counters, pushing and pulling the vacuum and carrying the laundry basket are all allowing your body to move and strengthen muscles. So, you're not only keeping your home clean and comfortable, you're also helping your physical health.

Dancing. Turn on your favorite song and grab a partner or have your own personal dance party. Whatever your preference may be, dancing is a great aerobic exercise that stretches muscles and increases flexibility while encouraging an elevated heart rate. Plus, who doesn't love getting up and moving to the music?

## Find Senior Exercise Opportunities at Meadow Lakes

At Meadow Lakes, a continuing care retirement community for active seniors, we encourage healthy aging and vibrant days filled with activities. Although we're well-known for our stunning campus located on an [accredited arboretum](#), there are so many other ways to spend your time in the community while indoors.

[Daily activities](#) like classes held in our art studio and aqua aerobics in our indoor heated pool are only a few examples of ways we offer you to stay involved and active in the community without ever leaving the building. Resident Enid Mantel shares, "At Meadow Lakes, there is always something new to do and learn."

Come see for yourself! [Contact us](#) today to learn more and schedule your personal tour.