

Exercise is Medicine

Class 2



National Institute
on Aging

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**Campus Recreation
& Wellness**

<https://www.nia.nih.gov/>

[**https://www.nia.nih.gov/health/exercise-physical-activity**](https://www.nia.nih.gov/health/exercise-physical-activity)

The 4 Types of Exercises Recommended for Adults 50+ are

1. Endurance

2. Strength

3. Balance

4. Flexibility



Balance Exercises...

- ✓ Improve your ability to control your body's position, whether moving or still.
- ✓ Examples: stand-on-one-foot, heel-to-toe walk, tai chi.
- ✓ Good balance can help
 - Prevent falls
 - Stand on tiptoe without teetering
 - Walk on uneven sidewalks without falling



How to Exercise Safely

When doing **Balance** exercise...

- ❑ Have a countertop, sturdy chair or a person nearby to hold on to for your balance exercises if you feel unsteady.



Flexibility Exercises...

- ✓ Use stretching to help you stay flexible and limber.
- ✓ Examples: shoulder stretch, back of leg stretch, calf stretch, ankle stretch, yoga.
- ✓ Being more flexible can help you
 - Feel less stiff when getting out of bed
 - Bend over to tie your shoe or put on socks
 - Button a shirt or blouse



How to Exercise Safely

When doing *Flexibility* exercise...

- ❑ Always warm up before stretching exercises—a few minutes of walking works well.



How to Exercise Safely

- Begin your exercise program slowly with low-intensity exercises.
- Wear appropriate shoes for your activity.



How to Exercise Safely

- Warm up before exercising, and cool down afterwards.
- Drink water before, during, and after your workout session, even if you don't feel thirsty.



How to Exercise Safely

When doing Endurance exercise...

- ❑ Listen to your body. Your breathing may become faster, but you should still be able to talk.
- Pay attention to your surroundings when exercising outdoors.



How to Exercise Safely

- Check with your doctor or healthcare provider if you have specific health conditions or if you are going to significantly increase your level of effort.



Let's Practice



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<https://tools.silversneakers.com/>



<https://www.healthycontributions.com/>