

5 Fun & Effective Ways to Stay Fit

This month, in honor of National Senior Health and Fitness Day – the largest health and wellness movement for seniors in the US – we’re providing 5 fun and effective exercises for seniors.

Click the icons or links below for video examples of each exercise



#1 Yes To Yoga:

Flexibility, low impact, joint friendly, stress reducer, mind-body connection. What's not to like about Yoga? Get your Zen on with [these exercises](#). Namaste!



#2 Tai Chi Toning:

Just like the ancient Chinese martial artists, you too can achieve inner calm, [balance and flexibility](#) with this “dance between the mind and body.”



#3 Walk Your Talk:

You say you want to get fit? Then [start walking](#). Your legs are two of the best pieces of exercise equipment to use, even if you're just walking around your home



#4 Make A Splash:

[Make waves](#) with a low impact resistance/strengthening and aerobic workout, with zero risk of falling. Check out these water aerobic class videos.



#5 Muscle Up:

You lose muscle mass as you age, but you're never too old to add [strength/resistance training](#) to your fitness journey.

Always consult your physician before beginning any exercise program.