

Seniors benefit in numerous ways from physical activity. Exercises can be done at home or even through our Virtual Recreation classes. Seniors have many activities to choose from and a lot can be modified to fit any limitations. Yoga, walking, and swimming are all low impact routines that offer a range of benefits late in life and for all abilities. Some other activities that are beneficial are :

Pilates

Body Weight Training

Resistance Band Workouts

Cycling

Strength and Aerobic Classes

<https://www.silversneakers.com/blog/best-exercise-older-adults/>



Some of the benefits include:
Reduce fall risk and increase the ability to live independently
maintain strength, healthy joints, and muscles helps reduce or control blood pressure reduces the risk of colon cancer and diabetes, eases symptoms of anxiety, offers community and companionship when done in groups, reduces and prevents arthritis, joint swelling and pain

