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FIT AFTER 50

FITNESS TO IMPROVE BALANCE, MOBILITY AND FUNCTIONAL SAFETY

4 ELEMENTS OF FITNESS

- Cardiovascular- 30 minutes of sustained activity using large muscle groups
- Strength training- progressive resistance training to increase muscle fiber size and strength
- Flexibility- sustained stretches to improve range of motion
- Balance- maintaining center of mass over base of support



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Benefits of Regular exercise

1. Helps prevent stress related problems such as headaches, insomnia and anxiety
2. Helps maintain muscle and ligament strength, flexibility and joint integrity
3. Protects joints by increasing synovial fluid
4. Aides in the reduction of blood sugars, blood pressure, cholesterol and weight management
5. Increases bone density
6. Helps improve balance and decrease fall risk
7. Weight bearing exercise reduces osteoporosis risk
8. Helps prevent cardiovascular disease
9. Improved lung capacity
10. Lower resting heart rate

TYPES OF TRAINING

CARDIOVASCULAR

- 1. Hiking, walking, jogging, cycling, nu-step
- 2. Must use large muscle groups
- 3. Sustained activity over a period of 20-60 minutes
- 4. No stops and starts
- 5. Goal is to get heart rate in target training range
- 6. Increase respiration rate

TYPES OF TRAINING

STRENGTH

- 1. Free weights
- 2. Weight machines
- 3. Resistance bands
- 4. You can use your own body weight as resistance
- 5. Cannot be performed daily
- 6. Requires muscle recover

TYPES OF TRAINING

FLEXIBILITY

- 1. Perform with warm muscles
- 2. Hold each stretch 30-60 seconds
- 3. Upper and lower body
- 4. Do not push into pain

TYPES OF TRAINING BALANCE

- 1. Use it or lose it skill!
- 2. Make it a safe challenge
- 3. Make it obtainable
- 4. Position self in safe environment



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