

Exercises for Older Adults

[Home](#) > Exercises

According to the Centers for Disease Control (CDC), adults aged 65 and older should exercise every week, including aerobic, muscle-strengthening, and balance-improving activities.

Index

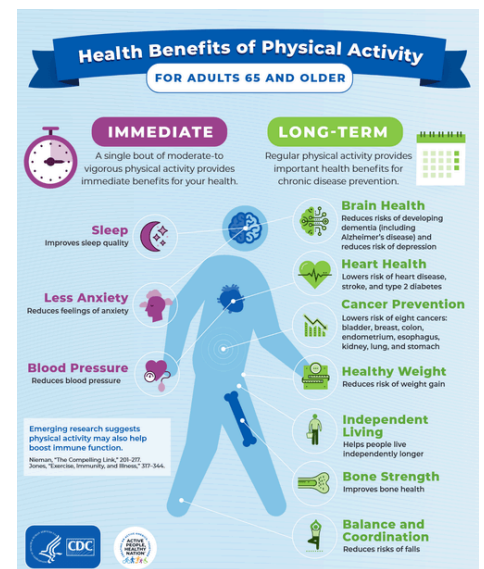
- [What types of activities do older adults need to stay healthy?](#)
- [Online exercise videos](#)

What types of activities do older adults need to stay healthy?


Aerobic activities

The CDC recommends at least 150 minutes a week of moderate-intensity aerobic activity or 75 minutes a week of vigorous-intensity aerobic activity.

Muscle-strengthening activities



[click to view infographic](#)

Disclaimer: Doing a physical activity that requires moderate effort is safe most people. But if you  been inactive, are overweight,

The CDC recommends at least 2 days of activities per week that strengthen muscles. Do muscle-strengthening activities to the point where doing another repetition without help is challenging.

Mix in activities to improve your balance

Aim for a mix of aerobic, muscle-strengthening, and balance activities

or have other concerns, talk to your doctor before starting vigorous-intensity physical activity. NICE is not responsible for any use of the information other than for general educational purposes and no claim can be made against NICE or any of its personnel for any such use.



Exercise Videos

Curated list of exercise videos from accredited hospitals or fitness websites.



10-Minute Workout for Older Adults

NIA American Nation Institute on Aging

This 10-minute exercise video for older adults features a mix of strength, flexibility, and balance exercises with warm-up and cool-down.

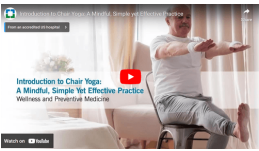




Seated Tai Chi for Older Adults

Siteman Cancer Center

This exercise is a gentle practice shown to have a positive effect on muscle strength, flexibility, and balance while improving circulation, alignment, and increasing energy.



Introduction to Chair Yoga

Cleveland Clinic

A Mindful, Simple yet Effective Practice to reduce stress, improve balance, stretching and muscle-strength



Seated Exercises for Older Adults

Dartmouth Health

This video includes both balance and muscle-strengthening exercises.



15-minute Workout for Older Adults

National Institute on Aging

Balance, strength, endurance, and flexibility exercises for older adults!



Links

[Information Tools](#)
[Online Resources](#)
[Infographics](#)
[Videos](#)
[About/Contact NICE](#)

Topics

[Exercises for Older Adults](#)
[Diet and Nutrition](#)
[Caregiving](#)
[Financial Literacy](#)
[Legal Issues](#)
[Mental Health](#)
[Physical Health](#)
[End of Life](#)
[Elder Abuse](#)
[Addictions](#)

Resources

[Aging in Canada](#)
[Alberta](#)
[British Columbia](#)
[Manitoba](#)
[New Brunswick](#)
[Ontario](#)
[Newfoundland & Labrador](#)
[Northwest Territories](#)
[Nova Scotia](#)
[Nunavut](#)
[Prince Edward Island](#)
[Quebec](#)
[Saskatchewan](#)
[Yukon](#)



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