

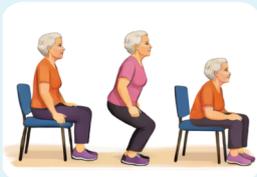
Exercises to Prevent Muscle Loss for Seniors

As we age, the body gradually loses muscle strength. This condition, known as sarcopenia, can make everyday activities more difficult and increase the risk of falls.

The good news is that regular strength and balance exercises can help slow muscle loss, improve mobility, and support independence.



ELDERLY FITNESS ROUTINE IN 6 STEPS



CHAIR SQUATS

Strengthens: Legs and hips

How to do it:

- Sit on a sturdy chair
- Stand up slowly using your leg muscles
- Sit back down with control

Repeat: 8-10 times



WALL PUSH-UPS

Strengthens: Arms, shoulders, and chest

How to do it:

- Stand facing a wall
- Place hands on the wall at shoulder height
- Bend your elbows and lean toward the wall
- Push back to the starting position

Repeat: 8-10 times



SEATED LEG LIFTS

Strengthens: Thigh muscles

How to do it:

- Sit upright in a chair
- Slowly extend one leg forward
- Hold for a few seconds
- Lower and switch legs

Repeat: 8-10 times



HEEL RAISES

Strengthens: Lower legs and ankles

How to do it:

- Stand behind a chair for support
- Slowly lift your heels so you are on your toes
 - Hold briefly
- Lower your heels back down

Repeat: 8-10 times



STEP-UPS

Strengthens: Legs and improves balance

How to do it:

- Use a low step or stair
- Step up with one foot
- Bring the other foot up
- Step down carefully

Repeat: 8-10 times



ONE-LEG BALANCE

Improves: Balance and stability

How to do it:

- Stand beside a chair or counter
- Lift one foot slightly off the ground
 - Hold for 10-15 seconds
 - Switch legs

Repeat: 3-5 times per leg

HOW TO EXERCISE SAFELY

- 1 Start slowly and increase gradually
- 2 Use a chair or wall for support
- 3 Wear supportive, comfortable footwear
- 4 Keep movements slow and controlled
- 5 Stop if you feel pain or dizziness
- 6 Speak with a healthcare professional before starting a new exercise routine

Healthy Ageing Is About Prevention and Protection

Regular strength exercises help maintain muscle, improve balance, and reduce the risk of falls as you age. To further support healthy and independent living, INS LifeGuard provides 24/7 nurse monitoring, personal emergency alerts, and health tracking technology, helping ensure help is always available if you need it.