

Senior Sense

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Best Health Options ^{LLC}



**AEP October 15-
Dec 7, 2023**

Annual Enrollment Period starts October 15 and runs through December 7. Seniors can use this time period to change Medicare health plans. Call me for more info.

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Joke of the Day

Why did the senior citizen bring a ladder to the bar?

Because he heard drinks were on the house!

September 2023

Strength training offers numerous benefits for senior citizens, often outweighing the potential risks when performed under proper supervision and with appropriate precautions.

I have listed my top 3 benefits to strength training:

Increased Muscle Mass and Strength:

Strength is the currency for aging. Strength training helps seniors build and maintain muscle mass, which tends to decline with age. This increase in muscle strength can improve overall mobility and make everyday activities easier.

Improved Bone Health: Weight-bearing strength training exercises can help increase bone density and reduce the risk of osteoporosis and fractures in older adults.

Mood and Cognitive Benefits: Exercise, including strength training, can improve mood and reduce the risk of depression and cognitive decline. It can also enhance cognitive function by promoting the release of neuroprotective substances.

It's important for seniors to approach strength training cautiously and consult with a healthcare professional before beginning any new exercise program. A personalized exercise plan, including appropriate warm-ups and cooldowns, should be developed to meet individual needs and limitations. Additionally, seniors should focus on proper form and technique to minimize the risk of injury.