

Senior Scene



5 ways seniors can get moving

People of all ages are encouraged to be physically active, and that includes seniors. The Centers for Disease Control and Prevention say seniors ages 65 and older should aim for at least 150 minutes per week of moderate-intensity aerobic activity and at least two days a week of muscle-strengthening exercises. Although some people may be drawn to the gym, others with no such preference may need to identify other ways to incorporate more physical activity into their lives. Seniors can stay active in various ways by enjoying activities that get them up and moving. The following are five ideas to get started.

1. Play a sport. Pickleball and padel are the fastest-growing recreational sports among seniors. Pickleball blends tennis and badminton while padel blends tennis and squash. These activities combine challenging cardio workouts with a social component.

2. Go dancing. A recent meta-analysis found that group dancing enhances social interaction while providing moderate aerobic exercise. Dancing is fun and can get anyone to break a sweat, and it doesn't feel like exercise.

3. Join or start a walking club. Seniors can engage with other like-minded individuals by turning their daily walks into something that offers companionship and exercise. An app like Charity Miles offers an additional layer of purpose to the activity, as it turns walks into fundraising opportunities.

4. Take up gardening. Gardening can be a thorough workout. The Royal Horticultural Society says gardening provides moderate-intensity, full-body exercise that burns approximately 165 to 300 calories every 30 to 60 minutes.

5. Consider aquatic endeavors. High-intensity interval training (HIIT) in the water is a new exercise trend that allows people to elevate their heart rates without placing any extra strain on the joints. Water activities in general tend to be easy on the body but provide immense benefits for flexibility and gentle resistance. Everyday Health says HIIT in a pool can improve fitness capacity roughly as much as HIIT done on land.

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How seniors can find a suitable volunteering opportunity

Volunteering is a rewarding experience that engages people from all walks of life. While young adults and adults in middle age may find it hard to squeeze volunteering into their schedules, retirees are free of many of the professional and personal obligations that prevent younger adults from volunteering. Retirees can reap some unique benefits from volunteering. Volunteering can provide retirees new opportunities to socialize, which can help them avoid feelings of social isolation and loneliness that many seniors confront after retiring. Volunteering also can provide an opportunity for seniors to utilize their professional expertise to the benefit of others.

With so much to gain from volunteering, retirees can start looking for opportunities in their communities. Many such opportunities exist, and the following tips can help retirees find the most suitable one for them.

- Identify your motivation to volunteer. Identifying why you want to volunteer can be a great first step. Many retirees who had long and distinguished careers in the professional arena aspire to give back by employing their expertise in new ways. For example, retired attorneys may want to volunteer with a nonprofit organization that provides free legal advice to those who cannot afford to hire their own legal representatives. Once retirees have identified why they want to volunteer, they can then look for opportunities that align with that motivation.

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