

Physical activity for all ages

A lot of people correlate exercise and physical activity to younger age. Many people think that as you get older you should take it easy, but that is not entirely true. Research has shown that active people will have better health when they grow older; even more it is the best way to fight many chronic diseases that affect us as we age. It is expected that the demography of people above the 60 years of old will increase in the next decades. In today's article we will talk about some guidelines for a healthy bout of physical activity for each age group.

The first group the children and youth group especially children from the age of 5-17 require at least 60 minutes of moderate to vigorous intensity of physical activity daily. Now day's children are very passive and never exercise or go play outside of the house. It is the parent's job to coordinate with the schools their children go to ensuring they get enough physical activity every day. The type of exercises or physical activities for children should be something fun to do like riding a bike or playing with their friends in the playground, as for youth it can involve skating for example. For more vigorous activities, children should be encouraged to engage into sport activities like swimming or running, youth may do the same sport activities. To be active from an early age is very beneficial to children and youth as it helps in improving their health and fitness, maintain a healthy body weight and improves their self-confidence. Let's not forget it's also fun which will make them feel happier.

The second group the adult group has a big age range from 18 to 64 years old. However, the minimum physical activity requirements are the same. Even older adults can benefit from a bout of physical exercise. Daily exercise for four to five days a week comprised of cardiovascular and resistance training is recommended for this group. Some of the activities can be fun and done with a group of friends like brisk walking, bike riding or even dancing. For more vigorous activities which are also important, people can go jogging for 30-45 minutes with interval short breaks or play basketball or football depending on what each individual likes. It is better to start slow as you build a capacity for more vigorous activities to avoid having unnecessary injuries. It is imperative to consult with your doctor or physical therapist as they can guide you for better health gains while avoiding any risks. Being active has many good effects on our

bodies, as it reduces risks of heart attacks and strokes. Research has shown positive gains from physical activities in lowering high blood pressure and glucose levels in patients who have type 2 diabetes, it is also a good way for losing extra weight.

The last group is the older adults group, people who are 65 years old and older. For this group risk of falling and losing balance is common as well as other ailments and chronic diseases and for that reason they require a good healthy physical activity in their daily routine. It has been shown that doing moderate to vigorous physical activities four to five times a week can reduce the incidence of falling. Furthermore, physical activities also help in preventing any muscular or bony lose. Many older adults enjoy group activities as it helps them encourage each other and be active socially as well. Some of the activities that people in this group can do are walking, swimming, tai chi while it's also good to add some resistance exercises weekly. There are many benefits from engaging in active exercises like maintain functional independence, good mobility, maintain good body weight and improving mental health.

In conclusion physical activity is an essential ingredient to a healthy life. Although it is never too late to start no matter how old you are, starting from an early age is always easier. Be healthy and active.