

Keep Warm With These Exercises for Seniors to Do at Home

The colder months are rapidly approaching, which means you may be looking for ways to spend your time indoors. Perhaps you're looking forward to catching up on your favorite television shows or completing that jigsaw puzzle that's been sitting in the closet for months. If you want to find ways to stay in shape while you wait for the weather to warm up again, there are plenty of ways you can exercise at home.

5 Indoor Senior Exercises

Exercise is just as important for your health when you're in your golden years. Below are just a few of senior exercises you can do inside this winter.

1. Light weight training. Simple weight training, even with 2-pound weights, can help build muscle mass and [maintain healthy bone density](#) without undue stress on joints. If you don't have any free-weights available, you can use everyday objects around the home such as water bottles or soup cans.
2. Squats. Squats are one of the best ways to strengthen your lower body. Regular strength training can help prevent falls that can lead to injuries. If you want to try adding squats to your exercise routine, bend your knees until you're in a crouch position, then stand and repeat. Hold onto a chair if you need help with balance.
3. Sit ups. Strengthening your core muscles can help with balance, reduce back pain and even prevent injuries. Doing sets of sit ups a few times a week can help improve your core strength. Simply lay on the floor with your knees bent and feet flatly on the floor. Then place your hands behind your neck and lift your head gently while engaging your stomach muscles.
4. Yoga or Tai Chi. As we continue to age, joint flexibility can become an issue. One way to keep our joints flexible is with yoga and tai chi. These practices not only help prevent stiffness, but also assist with building strength and improving balance. Thankfully, you don't have to join a class to participate — there are plenty of YouTube videos available to help you find the right routine. If you have a difficult time with some of the more advanced poses or are new to yoga, you can adapt the positions or even try chair yoga.
5. Walking. You don't have to be outdoors to participate in cardio! Turn on some of your favorite music, grab your pedometer and make laps through your

Keep Warm With These Exercises for Seniors to Do at Home

house or apartment. If you have a shared common room where you live, powerwalk the perimeter.

Discover Invigorating Exercise for Seniors with The Atrium at Navesink Harbor

At The Atrium at Navesink Harbor, we understand that you want to keep enjoying the pleasurable parts of life such as river cruises with champagne and live entertainment with friends. In order to continue soaking up the best parts of life, your physical health is imperative. That's why The Atrium at Navesink Harbor offers ways to improve and maintain your wellbeing at any age through our [LivWell](#) program. Join in our Nordic Walking Club or take part in one of our many yoga, tai chi and balance classes. If you want to get a little more creative with your movement, we also offer different cultural dance groups that will welcome your energetic presence. No matter your preference, our friendly team members can help you find something to suit your needs.

Learn more about how you can live a vibrant lifestyle at The Atrium at Navesink Harbor by [contacting us](#) today.