

Get Physical: The Importance of Exercise for Seniors

As we age, the importance of physical activity and engaging in exercise continues to be something we should always keep in mind. The U.S. Dept. of Health and Human Services recommends that most older adults [participate in at least 150 minutes](#) of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity or an equivalent combination of each per week. Doing so can help you achieve substantial health benefits, including a decreased risk of various diseases, increased brain health and ability to engage in daily living activities.

At The Atrium at Navesink Harbor, we offer [LivWell](#), our award-winning holistic wellness program. Through this program, there are numerous opportunities for you to improve all seven dimensions of wellness, including physical wellness. We are happy to work with you to personalize your experience and learn your goals to share what available activities might be the most beneficial for you.

Reap the Benefits of Exercising by Getting Involved

LivWell programming provides a wealth of exercise classes. Stretch class and balance class are a few low-impact activities, or try something new with Move & Groove. In the warmer months, our corn hole men's and ladies' leagues and putting on the green in our river garden are popular options. Along with structured fitness classes and other activities offered, you always have access to our state-of-the-art fitness center. With equipment like treadmills and weights, and a trained staff member available for any help or questions, you're able to find a workout routine that fits in your schedule.

And, thanks to our central location, you're able to venture a short distance away from campus to experience other great community options. Every Friday we arrange a "Walk and Talk" group where residents get together and walk to explore locations of their choosing. Or, visit the local YMCA where you can attend additional fitness classes, swim laps in the pool or even try the growing sport of pickleball. You'll find plenty of opportunities both on- and off-campus to take part in physical activity.

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The best part about living well at The Atrium? You're surrounded by likeminded individuals. Engaging with others who share your interests results in meaningful relationships and can ensure you thrive. Residents Irmgard Larsen and Ralph Rapp make sure to participate in classes like tai chi and yoga, and they've found that one of the things they like most about living in the community is the people they're able to enjoy the programs with.

Find Your Favorite Way to Exercise at The Atrium at Navesink Harbor

At The Atrium at Navesink Harbor, our vibrant living is all about getting physical. It's important to keep a routine and reach these activity goals, and, in order to avoid burnout, you may want to switch up your exercises. With our numerous opportunities to get involved, you'll be sure to find your favorite way to exercise right in our community. [Contact us](#) today to learn more and to schedule your personal tour.