

Exercise for all



| WEEK | WALK   | TWICE  |
|------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1    | 10 min |
| 2    | 15 min |
| 3    | 20 min |
| 4    | 25 min |
| 5    | 30 min |
| 6    | 35 min |



Benefits of exercise

Exercise is great for all of us, whether we are young older or disabled . It gets our hearts racing, improves our mood, and even helps us sleep. Exercise is generally defined as any activity outside of the normal daily routine, with the purpose of improving overall health and wellbeing, both physically and mentally, for those of us who engage in it.. Regular exercise is known to have significant health benefits including reducing the risks of:

Heart disease High blood pressure Colon cancer Diabetes Weight Management

Although the physical benefits of exercise are readily known the impact on mental health is often overlooked. The endorphins released during exercise have been proven to reduce symptoms related to anxiety and depression. Therefore it can be said that exercise for all, leads to general feelings of well-being.

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The Couch to 5K exercise plan is the perfect guide to getting started with running. It's designed to get inexperienced or out-of-practice runners off of the sofa and completing 5K without stopping, all in just nine weeks. With numerous physical and mental health benefits, running is an excellent way for over 50s to get more active and enjoy a boost to their mood. So, why not try the Couch to 5K plan? You never know - you could go from couch potato to regular jogger!

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

If you have difficulty standing or walking, it need not mean exercise is out of the question. We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. If that is the case for you, but you want to keep active, then chair-based exercise could be just what you are looking for.

You can use these exercises if you have trouble getting up and about, or even if you just want a change of activity on days you can't get outdoors.

Chair-based exercise can be done at home or in small groups and is easy to fit in to your daily routine. Please find some links for some routines that will help you get started.

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

[Joe Wicks 10 minute chair exercises](#)

[20 Min Chair Exercises Sitting Down Workout - Seated Exercise for Seniors, Elderly, & EVERYONE ELSE - YouTube](#)

Deep Breathing Health benefits

Deep breathing is just one of many breathing techniques but it is the first technique that you should learn before doing any other types of breathing method. The more you practice the breath breathing, the more you will get it more naturally and it can improve the mind and body. Deep breathing exercise also have many great effects to our body including the benefits that mentioned below:-

**Treat symptoms of menopause** Deep breathing can give many benefits to the body especially cure and treat the menopause problem in women.

**Treat cancer side effects** According to study, deep breathing exercise can help the body to treat the chemotherapy or cancer side effect.

**Reduce pain** Deep breathing can bring in more oxygen to the body that needed by most body cells. The oxygen will help to remove the neurotransmitter within the blood and relieve pain that causing by nerve or blood circulatory problem.

**Relieve anxiety** Research found that deep breathing can help the body to relieve anxiety by promoting the production of endorphine.

**Alleviate stress** By relieving anxiety, deep breathing exercise also can help in alleviating stress. It is very recommended to be performed when you get tension or stressful day.

[30 Minute Guided Breathing Meditation for Inner Calm and Deep Stillness - YouTube](#)

