



### **PHYSICAL ACTIVITIES SUITABLE FOR SENIORS**

It is very important for seniors to keep their movability and ability to withstand some load. We consider quality walk the basic motion for fitness. Nordic walking (with walking sticks) is very suitable.

To be able to train walking, the organism must have locomotive system well prepared, so we recommend stabilization exercises and working out stabilization strength of lower limbs, and also working out for keeping stability of the body centre, which has impact on the walk and pelvis posture. We support all the activities that will activate these muscle structures, which will enable us adequate motion activity and motion patterns.

Also working out under certain load intensity is important, i.e. intensity of 50% difference between the resting and the maximal heart rate (we are speaking about 50% of so called heart beat reserve).

All activities, which do not overload the organism and are used to strengthen fitness and keep it at average level are suitable. These are just walking with sticks, water aerobics and hiking. Hiking in the mountains needs a prepared organism – fitness and also stabilization strength of lower limbs.

Sports, which are suitable for this age are those at which the person manages technique of those sports and does not overload locomotive system too much and which do not need sudden changes of motions just because of possible traumatic changes in muscle system.