

Let's Get Physical: Senior Exercise Ideas

Be sure to exercise – this is something we've heard our whole lives. Doing so can help you achieve substantial health benefits, including a decreased risk of various diseases, increased brain health and the ability to engage in daily living activities. We know we have to keep our bodies moving – but how?

At Meadow Lakes, we offer LivWell, our award-winning holistic wellness program. Through this program, we focus on 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. To start, we've compiled a list of some of our favorite ways to get moving right within our community.

Ways to Work Out for Older Adults

Walking trails: Our 35-acre campus offers plenty of trails for you to enjoy an afternoon stroll. Make your pace a little faster when going on a longer walk – brisk walking packs a powerful punch when consistently added to your routine at least three or four times a week.

Body balance: Working on balance when exercising improves your stability and decreases the risk for falls. This class focuses on posture, balance, stretch and upper and lower body strengthening.

Circuit training: Not sure how to work those exercise machines? Our circuit training class helps you learn the proper use of equipment in our [onsite fitness center](#).

Shuffleboard: Just moving your body increases your blood flow and playing shuffleboard on the onsite court allows you to have fun while benefiting your health.

Pool classes: With classes offered like water works and aqua stretch, you can take a dip in the indoor, heated pool for a low-impact exercise perfect for cardiovascular and joint health.

Chair exercise: It's amazing how much good you can do for your body while still sitting. Our chair exercise classes focus on range of motion, flexibility and lower and upper body strength.

Trip to the beach: With just a short drive to Lewes Beach, many residents

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take advantage of nice weather by getting outdoors and enjoying the benefits of walking outside with gorgeous views of the beach.

Exercise with Ease at The Moorings at Lewes

At The Moorings at Lewes, our vibrant living is all about getting physical. With our numerous opportunities to get involved, you'll be sure to find your favorite way to exercise right in our community. And, in order to avoid burnout, you're able to easily switch up your exercises. Residents Richard and Jean Whoolley appreciate the choice they have when it comes to physical activity and share, "The informality of the community is great; you can just do your own thing. We love the body balance exercise class... [and] the outdoor walkways throughout the campus."

[Contact us](#) today to learn more and to schedule your personal tour.