

Many studies say that older people do not exercise enough. What are the reasons for this? What would you suggest to encourage them to exercise?

During the last decades many studies have been done by researchers regarding the reasons of low physical activities in senior citizens and the effect of this on their health. Many old people do not have appropriate / adequate motion in daily life and this leads to loss of more muscles (muscle atrophe) and more pressure on the joints. The more rest and being involved in physical activities, the more consumption of medicine and deterioration of mental and physical normal functions.

Arthritis because of too much pressure on the joints is common disease that prevents old people from of being involved in physical activities. Suffering from a chronic pain in their knees, senior citizens are not able to walk and this is one of the main reasons that their physical activity reduces dramatically. Fortunately, there are some solutions for this one of which and one of the best choices is aerobics in pool exercise (Water aerobic exercises) which reduces the pressure on the knees and is suitable for those who/the ones who suffer from joint problems and do not have enough physical movement.

That the old people take different kinds of pills, and the side effects of these medicines reduce their energy is another reason for not having enough physical movement. My mother for examples not only does takes pain killers to reduce her spinal back-ache but also she has an antidepressant to fight with her old age depression. In cases like this many my suggestion is physiotherapy instead of consumption of pain killers and taking part in group therapies instead of antidepressants.

To make a long story short I believe physical activity has an important role in human's health, and senior citizens have to be involved in different types of it from gardening to long distance jogging. Considering the fact of disabilities of human beings in old ages there are some reasonable solutions and special training sessions suitable for people with different kinds of disabilities to exercise.