TUALATIN HILLS PARK & RECREATION DISTRICT
Elsie Stuhr Center

Basic Exercise Guidelines For Individuals 50 And Better

Physical activity and exercise is essential for healthy aging, functional health and fitness. Even when you have a medical condition exercise has been proven to be very beneficial in improving quality of life. It is important however that you choose a purposeful exercise program that benefits your health, fitness level and medical condition.

We want you to have the best exercise experience. We would like to assure you that your safety and the effectiveness of our programs are of utmost importance.

We recommend that you consult with your health care provider when:

1. you have been sedentary and are new to exercise
2. you are planning to start a new exercise program
3. your medical condition has changed

Additionally:

1. Perform exercises according to your ability and condition; listen to your body.
2. Wear appropriate, supportive shoes and clothing you feel comfortable moving in.
3. Drink water regularly, especially during the summer months; drink before, during and after exercise.

The following are movements to be avoided or adapted for some of the more common medical conditions. When you are unsure if the exercises in your class are safe for your medical condition, you are advised to talk to the class instructor/trainer and/or your doctor.

Exercises and movement to avoid with OSTEOPOROSIS IN SPINE OR HIP:
55% of Americans 50 and older have osteopenia or osteoporosis. It is a silent disease and is often undiagnosed. Bone mineral density preservation and preventing fracture is a major health concern. Since most participants at the Stuhr center are over 50, group class programs must assume participants have osteoporosis of the spine and/or hip. Please follow these guidelines when osteoporosis is present in spine or hip and follow your instructor's guidelines.

- **Avoid forward bending.** Activities that involve forward bending excessively at the waist and/or unsupported can increase the risk of vertebral fractures.
- **Avoid heavy lifting.** Heavy lifting especially when bending forward at the waist (e.g. loads of laundry, bags of groceries, exercise weight) increases stress on the vertebrae.
- **Avoid twisting or spinal rotation and spinal rotation with flexion of the spine.** Forward bending of the spine with rotation (elbow towards opposite knee) can cause spinal fracture when osteoporosis is present in the spine. Activities such as golfing and bowling include twisting movement that can damage the vertebrae.

- **Avoid side bends.**
- **Avoid high-impact activities or activities with increased risk of falling.** High impact, sudden starts and stops, abrupt weight shifts may be too much stress on the spine and/or lead to falls and knee, hip, wrist or shoulder injuries.
- **Avoid forced or ballistic stretching.** A stretch that is performed while bouncing may cause too much stress on weak and brittle bones. All stretching should be performed very gradually, supported and holding only to the point of mild discomfort (never pain).
- **Avoid full neck circles or full neck rotation.**
- **Avoid back hyper-extension.**

Exercises or movement to avoid with a HIP REPLACEMENT:

- Avoid crossing the legs beyond the midline of the body (in aerobics avoid the grapevine, perform side- to-side step instead).
- Do not flex the hip more than 90 degrees (lifting knee above hip level) such as seated knee lift (instead, if seated for exercise lean back slightly to avoid the 90 degree position).
- Avoid a deep, forward lean, or bending over such as when stretching the hamstring muscle, or picking up items from the floor.
- Keep knees below hip level when seated (at home check your chair height).
- Avoid turning the foot inward.

Exercise and HYPERTENSION (HIGH BLOOD PRESSURE)

- Move slowly when making the transition from floor positions to seated or standing.
- Avoid holding your breath.
- Avoid positions where the head is lower than the heart
- Use RPE (Ratings of Perceived Exertion) to monitor exercise intensity rather than heart rate (Use RPE 11-13 on the 20 scale)

Exercise and HEART DISEASE

- Use RPE to monitor exercise intensity rather than heart rate (Use RPE 11-13 on the 20 scale)