

Heart Healthy Exercises for Seniors

Get Moving: Exercise to Keep Your Heart Healthy

The heart is one of the most vital organs in your body, yet [cardiovascular disease is the leading cause of death](#) for both men and women in the United States. Although this is true, there are many habits that can help manage your blood pressure, thus reducing your risk of heart attack, stroke and other heart diseases. From diet changes and ensuring you're getting enough sleep to minimizing stress, there are a multitude of changes you can make to help you achieve a healthy heart lifestyle. Perhaps one of the more effective changes you can make is incorporating exercise into your routine.

At Winchester Gardens, we encourage physical fitness to keep your heart healthy. Here are five of our favorite ways to get moving and make your heart stronger.

Five Heart Healthy Exercises for Seniors

1. **Walk:** Simply picking up the pace a little during walks three to four times a week helps contribute to a healthy heart. In fact, studies show that equivalent energy expenditure by walking and running produced similar [risk reductions for hypertension and high cholesterol](#).
2. **Dance:** Grab a partner and shimmy your way to a healthy heart. Dancing offers brief bouts of higher-intensity exercise and is linked to a lower risk of cardiovascular death.
3. **Bike:** Although you may not be burning as many calories, biking offers a great option for exercise that is customizable to your activity level. Cycling is mainly an aerobic activity, meaning your heart will be pumping faster and growing stronger.
4. **Swim:** Whether it be through an aqua aerobics class or taking a few laps around the pool, this low-impact activity is a great way to get your heart moving while being mindful of your joints.
5. **Yoga:** Yoga was designed to help you connect to yourself and achieve

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mindfulness, helping to take away the negative effects of stress on your heart. Along with off-loading stress, practicing yoga helps to lower your heart rate and blood pressure.

As always, consult with your doctor before engaging in potentially strenuous physical activity. Listen to your body and make sure you aren't overworking yourself.

Learn How to Achieve a Healthy Heart at Winchester Gardens

Fred and Ruth Roessle are residents at Winchester Gardens who like to stay engaged in the community, including participation in fitness programs. Although Ruth was hesitant at first, having never been fond of working out, she's come to love her time in exercise classes. "Participating in the different classes has opened up a new door for me. I always had a good excuse to 'not' participate, but now I look forward to my time there," she shares. Both her and her husband have found the right activities for their enjoyment. "Fred has always enjoyed sports and is still active in golf and fitness."

At Winchester Gardens, we offer healthy lifestyle opportunities through [LivWill](#), our award-winning wellness program. This holistic wellness program touches on all eight dimensions of wellness, including physical health. Through classes at our [fitness center](#) or healthy living guidance from doctors at our full-service [Health & Wellness Clinic](#), we want to ensure your success in a healthy heart lifestyle. [Contact us](#) today to learn more or schedule your personal tour.