

File Created by [Blogging Rebirth](#) WP Plugin

Never Too Old: Cardio Exercise Equipment For The Elderly

Exercise is not just for the young. Everybody benefits from regular exercise and activity, even if you are more than 65 years old. Regular cardiovascular exercises would help improve your mood, lower risks of injury and protects your body from chronic diseases like heart disease and high blood pressure. However, your choice of cardio exercise equipment can be affected by your age.

Elderly cardio exercise equipment needs to be safe and with little risk of injury. The treadmill is a great exercise equipment, since its all about walking which is pretty natural to us. It does not create too much pressure on the joints but still burns enough calories while helping the lungs and the heart. Treadmill can still offer an intense workout for seniors without pressuring the ankles, hips and knees.

Aside from treadmills, recumbent cycles are another favourite among seniors. Recumbent cycles provide more comfortable and larger seat than stationary bikes. They also have a backrest offering more back support than traditional upright stationary bikes.

These bikes are easy to mount on, since they are lower to the ground. The bike or the user can simply sit down and start pedalling. The recumbent cycle can be used when rehabilitating from an injury. It does not only work on the lower body, but there are also models that incorporate upper body exercises.

There are also cushioned step machines which lessens the impact of the foot when stepping on the metal or on the floor. This equipment is popularly used by seniors in aerobic classes. It could also be used while watching television in the comfort of their homes.

Strengthening exercises would help build muscles and bones. However, they should be milder than the usual strengthening exercises performed. Muscles and the joints could be overstressed and lead to serious injury. Remember that as we grow older, our body's ability to recuperate is slower. A minor sprain could be troublesome for a couple of months, so taking it slow and easy is crucial.

How can you put a limit on learning more? The next section may contain that one little bit of wisdom that changes everything.

Resistance band exercises are gaining popularity among seniors. They can help strengthen muscles and bones without too much risk of getting injured. They can be easily purchased in sports utility shops and have different tension levels.

There are some questions that could help you identify if the equipment you are considering to buy would benefit the elderly.

- Is the fitness equipment safe for the elderly and those who do not have enough experience?
- Is the fitness equipment safe and easy enough not to require full time spotting or a personal trainer?
- Is it easy to adjust to fit into the individual's ability?
- Will it make the user feel invigorated from an exercise and not exhausted?

Never forget to ask or consult your doctor, before purchasing any equipment. They could recommend an equipment that would suit your health and physical limitations. A cardio exercise equipment for the elderly should be comfortable, practical and at the same time leaves a feeling of being energized and exercised. When purchasing equipment, make sure that the elderly would actually be testing them. You could also read some reviews about the equipment to help you make right decision.

Now you can understand why there's a growing interest in Cardio Exercise Equipment. When people start looking for more information about Cardio Exercise Equipment, you'll be in a position to meet their needs.

About the Author

By Anders Eriksson, proud owner of this top ranked web hosting reseller site: [GVO](#)

You can also find this article published on [Never Too Old: Cardio Exercise Equipment For The Elderly](#)