

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta, NY 13820

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www.oneontaymca.org

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FOR YOUR WELLBEING

Normal daily stresses take its toll on all of us. Current situations of our world have certainly added to that. Stress causes both emotional and physical responses in our bodies. Over time these responses have adverse affects on our health. While there are situations outside of us we may have little control over we can control what is going on inside of us.

Exercise, eating healthy, drinking plenty of water and getting enough sleep are huge contributors in a proactive approach to good mental & physical health. Throughout the past few months many of the Group X Staff at the Oneonta Family YMCA have continued to offer classes online. Our staff is proud to be able to teach their classes and provide some sense of normalcy during the COVID19 Pandemic.

We encourage you to visit <https://bit.ly/oymcaworkouts> to see our latest schedule of virtual classes from your favorite instructors.

WHAT TOPICS DO YOU WANT TO SEE IN THIS WEEKLY NEWSLETTER?

Contact:
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GENERAL INQUIRIES

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6 Benefits of Yoga for Seniors

1 Increased Flexibility

Yoga practice increases the flexibility of the practitioner. Seniors with increased flexibility may have a decreased rate of injury due to falls, and they can recover more quickly from other injuries or pain.

2 Better Balance

Naturally, balance decreases with age. When seniors participate in yoga, they're actively working on their balance, even if they're not standing on one foot during the Tree Pose. Seniors with better balance are less likely to fall.

3 Increased Strength and Endurance

Yoga, while gentle and beginner-friendly, is intensely focused on building strong muscles. Participating in yoga can increase strength and endurance for all parts of the body, which can lead to a healthy body mass index and efficient metabolism.

4 More Body Awareness

Throughout each yoga class, seniors are cued to pay attention to specific parts of their bodies. This body awareness can translate to decreased falls, as well as increased awareness of when they're fatigued or ill.

5 Higher Brain Activity

Taking a yoga class brings more than just physical benefits. Most yoga asanas, or poses, involve reaching an arm across the body, which is called "crossing the midline" and has shown to increase brain activity and coordination.

6 Decreased Pain

For many senior yogis, regular classes mean decreased pain. People living with arthritis may enjoy classes in a slightly heated room, while those living with chronic back pain can find relief thanks to better posture and alignment.