

Yoga is a great practice to restore the mind and mobilize the body. However, it is not suitable for everyone. These are other exercises will help your body get older.

“Steps down”. They develop stability, strength, control of knees, buttocks, hips, improve balance, reduce the risk of falls. Perform 3 approaches of 6-10 repetitions on each leg. Between these approaches, relax 45-60 seconds.

“Crossroads”. Perform this exercise in 2 approaches of 20-30 repetitions (10-15 each). Rest between approaches 30-45 seconds.

“Deep squat”. This exercise helps restore the natural mobility of the thigh and ankle, which improves joint health and posture, prepares the body for more active movements of its lower part. Perform 3 holdings of the position of deep squat at 30-60 seconds. Between these approaches, relax 30 seconds.



SHUTTERSTOCK

Lateral attacks and not only: these exercises will slow down aging

“Side attacks”. They improve the side movements, balance and flexibility of the hip joints and the inner surface of the hips. For each leg, perform 3 approaches of 6-8 repetitions. Rest between approaches 45-60 seconds.

“Tilting and stretching”. Training according to this scheme teaches to properly load the hips, not the lower back. This will reduce the load on them, improve weight lifting mechanics, and will develop basic power for everyday movements. Stand up, spreading your legs in the width of the hips and stretching out your hands along the body. Take the hips back and simultaneously stretch your arms forward. Keep your back even and slightly bend your knees. Lower the body until it becomes parallel to the floor. Having pushed off the heels, straighten and lower your hands along the body.

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