



UnitedHealthcare®



# **CREATIVE & RECREATIONAL WELLNESS**

**PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING**





A vertical image on the left side of the slide showing a large, dark tree trunk in the foreground and a church tower with a clock face in the background, partially obscured by foliage.

# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Introduction

Creative and recreational wellness for seniors refers to physical and mental activities designed to ensure older adults are active, healthy, and socially engaged.



# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Introduction (Continued)

The focus of creative and recreational wellness is not on building a muscular physique, exercising for weight loss, or engaging in high intensity workouts, but on enjoyment, functionality, and maintaining independence.



# CREATIVE & RECREATIONAL WELLNESS

## PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

### Introduction (Continued)

Physical and mental activity is vital for healthy aging and to prevent chronic health conditions, however:

- 25.4% of adults aged 50–64 years report no regular physical activity.

# CREATIVE & RECREATIONAL WELLNESS

## PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

### Introduction (Continued)

- 26.9% of adults aged 65–74 years report no regular physical activity among; and
- 35.3% of adults 75 years and older report no regular physical activity.



Source: <https://www.cdc.gov/physical-activity/php/reports/adults-50-and-older.html>





# CREATIVE & RECREATIONAL WELLNESS

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## Introduction (Continued)

- Nearly a third of Americans 65 and older have some level of cognitive impairment; and
- Less active seniors are more likely to experience cognitive decline.



# CREATIVE & RECREATIONAL WELLNESS

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## Introduction (Continued)

The facts are simple...

Many older adults in the United States do not meet the minimum recommendations for daily physical and mental activity.



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## Learning Objective

Teaching older adults how to increase their daily physical and mental activity through creative and recreational exercises is the focus of today's workshop.





# CREATIVE & RECREATIONAL WELLNESS

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## Key Topics

- ✓ Benefits of Creative & Recreational Wellness
- ✓ Creative Physical Exercises for Seniors
- ✓ Engaging Mental Exercises for Seniors
- ✓ Silver Sneakers Program by UnitedHealthcare
- ✓ The UnitedHealthcare App



## BENEFITS OF CREATIVE & RECREATIONAL WELLNESS



# CREATIVE & RECREATIONAL WELLNESS

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## Benefits of Creative & Recreational Wellness

Enjoyment matters for seniors, because it directly affects whether or not they keep doing something.

In this case, that something is exercising their bodies and minds.



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## Benefits of Creative & Recreational Wellness (Continued)

So, let's talk about some of the benefits creative and recreational wellness have for seniors.





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## Benefits of Creative & Recreational Wellness (Continued)

### Mental and Emotional Health

Enjoyable exercise can boost mood, reduce stress, and combat loneliness.

Activities that feel playful or social also help reduce the risk of depression and cognitive decline, which are common concerns for seniors.



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## Benefits of Creative & Recreational Wellness (Continued)

### Motivation

Fun activities like dancing, water aerobics, or group walks, create positive associations, making it easier to stick with a routine over the long term.





# CREATIVE & RECREATIONAL WELLNESS

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## Benefits of Creative & Recreational Wellness (Continued)

### Quality of Life

Enjoyable activities add a sense of purpose and pleasure to daily life, making exercise something to look forward to rather than avoid.



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## Benefits of Creative & Recreational Wellness (Continued)

### Social Engagement

Group-based “fun” exercises like pickleball or dance classes encourage social interaction, which supports emotional well-being and can even improve adherence to healthy routines.



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## Benefits of Creative & Recreational Wellness (Continued)

### Consistency and Motivation

If exercise feels like a chore, you are more likely to quit shortly after you begin.

Fun activities like dancing, water aerobics, or group walks create positive associations, making it easier to stick with a routine over the long term.





# CREATIVE & RECREATIONAL WELLNESS

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## Benefits of Creative & Recreational Wellness (Continued)

### Better Physical Outcomes

When seniors enjoy what they're doing, they move more freely, try new activities, and put in more effort.

This can improve cardiovascular health, balance, strength, and more effectively than minimal or inconsistent participation.



# CREATIVE PHYSICAL EXERCISES FOR SENIORS



# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors

Creative physical exercises for seniors focus on making movement engaging while supporting balance, strength, flexibility, and endurance.

Let's take a look at some approaches.



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## Creative Physical Exercises for Seniors (Continued)

### Activity-Based Workouts

**Dance Classes:** Line dancing, ballroom, or Zumba Gold (a low-impact version).





# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Activity-Based Workouts

**Gardening as Exercise:** Digging, planting, and carrying tools build strength and mobility.

**Walking Games:** Scavenger hunts, photo walks, or “walk and talk” groups for social engagement.

# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Water-Based Workouts

**Aqua Aerobics or Aqua Yoga:** Reduces joint stress while improving strength.





# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Water-Based Workouts

**Water Walking:** Simple laps in the shallow end, possibly with resistance equipment.

**Floating Stretch Sessions:** Using pool noodles to aid mobility exercises.

# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Chair and Assisted Workouts

Chair Yoga or Tai Chi: For flexibility and balance.





# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Chair and Assisted Workouts

**Seated Strength Training:** Resistance bands, light weights, or even water bottles.

**Rhythm Drumming on Stability Balls:** Fun, music-driven upper-body workout.



# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Outdoor and Nature Activities

**Bird-Watching Hikes:** Encourages walking while staying mentally engaged.





# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Outdoor and Nature Activities

**Park Circuit Walks:** Combine walking with stops for bodyweight moves (step-ups, wall push-ups).

**Community Gardening:** Combines movement with purpose.

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## Creative Physical Exercises for Seniors (Continued)

### Technology Enhanced Workouts

**Virtual Reality (VR) Fitness:** VR games that involve movement (e.g., virtual tennis or boxing).







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## Creative Physical Exercises for Seniors (Continued)

### Technology Enhanced Workouts

**Fitness Apps for Seniors:** Programs offering guided sessions at home (e.g., Gentle Yoga apps).

Some of the top fitness apps for seniors include...

# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

- **FitOn:** Provides chair exercises and yoga.
- **Daily Yoga:** Focuses on routines suitable for seniors.
- **MapMyWalk:** Tracks walking and running activities, providing motivation and support.
- **Tai Chi at Home:** Offers guided tai chi exercises to improve balance and flexibility.
- **Workout for Older Adults:** Offers customizable workouts based on individual fitness levels.

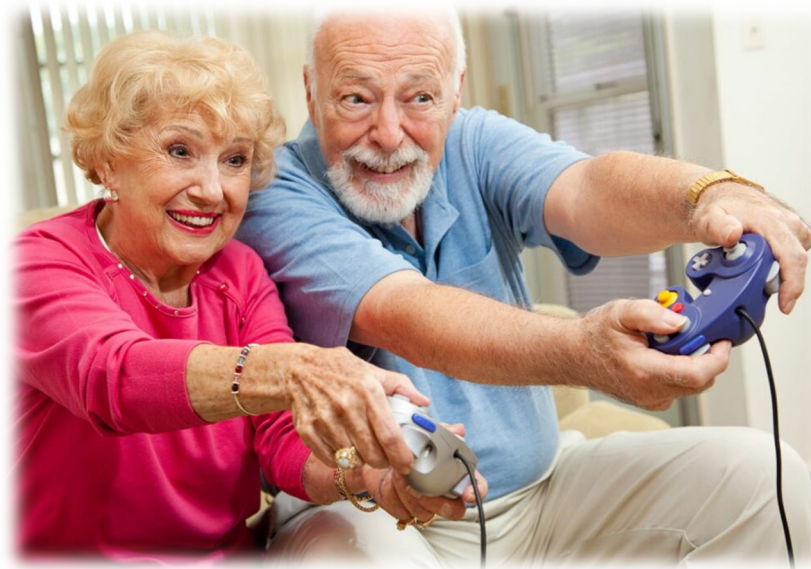


# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

**Video Game Systems:** Wii Fit or Nintendo Switch  
fitness games for low-impact activity.





# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Creative Group Programs

**Themed Movement Classes:** Movement classes where everyone learns a low-impact dance routine set to music they love.





# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Creative Group Programs

**Story-Based Exercise:** Acting out movements (e.g., “pretend you’re rowing a boat,” or “climbing a mountain”).

**Intergenerational Fitness:** Partnering with kids or grandkids for playful exercises.

# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Everyday Functional Fitness

**Housework Workouts:** Turn cleaning, sweeping, or carrying laundry into intentional strength training.







# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

### Everyday Functional Fitness

**Balance Challenges:** Practice standing on one foot while brushing teeth or doing heel-to-toe walks around the house.

**Cooking Fitness:** Squats while waiting for the microwave, calf raises while stirring a pot.



# CREATIVE & RECREATIONAL WELLNESS

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## Creative Physical Exercises for Seniors (Continued)

*Creative physical exercises are a great way for seniors to maintain strength and flexibility as and they can help with daily tasks, balance, fall and injury prevention.*



# ENGAGING MENTAL EXERCISES FOR SENIORS





# CREATIVE & RECREATIONAL WELLNESS

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## Engaging Mental Exercises for Seniors

Mental exercises are important for seniors because they help maintain and even improve cognitive function as the brain ages.

Here are the main reasons they matter:



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## Engaging Mental Exercises for Seniors (Continued)

### Slows Cognitive Decline

Mental exercises keep neural pathways active, they slow down age-related memory loss, and they reduce the risk of conditions like dementia and Alzheimer's.

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## Engaging Mental Exercises for Seniors (Continued)

### Supports Emotional Well-Being

Mental stimulation can reduce stress, anxiety, and depression by giving seniors a sense of purpose, promote personal connections and reduce loneliness.





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## Engaging Mental Exercises for Seniors (Continued)

### Promotes Independence

Keeping the mind sharp helps seniors better manage daily tasks, make sound decisions, and stay engaged in life, contributing to a higher quality of living.



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## Engaging Mental Exercises for Seniors (Continued)

Now let's review some of the most effective mental exercises for seniors, focusing on improving memory, problem-solving, and overall cognitive health.

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## Engaging Mental Exercises for Seniors (Continued)

### Puzzles and Games

Crossword puzzles boost vocabulary and recall.

Card games support memory and strategic thinking.







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## Engaging Mental Exercises for Seniors (Continued)

### Puzzles and Games

**Sudoku** strengthens reasoning and pattern recognition.

**Jigsaw puzzles** enhance visual-spatial skills and concentration.

**Board games** encourage mental recall and flexibility.

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## Engaging Mental Exercises for Seniors (Continued)

### Brain Training Apps

**Lumosity or Elevate:** Structured exercises for memory, speed, and attention.

**BrainHQ:** Evidence-based activities designed to improve neuroplasticity.



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## Engaging Mental Exercises for Seniors (Continued)

### Memory Exercises

Name and face recall exercises help you remember names of family members and friends.







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## Engaging Mental Exercises for Seniors (Continued)

### Memory Exercises

**Retelling stories** from memory help you to strengthen recall.

**Shopping list challenge:** Memorize and recall items without writing them down.

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## Engaging Mental Exercises for Seniors (Continued)

### Learn a New Skill

Playing or learning music engages multiple areas of the brain.



Simply  
Piano



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## Engaging Mental Exercises for Seniors (Continued)

### Learn a New Skill

Studying a new language boosts cognitive reserve.



duolingo





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## Engaging Mental Exercises for Seniors (Continued)

### Learn a New Skill

**Crafts or hobbies** like knitting, woodworking, or painting, or combine motor skills with creativity.



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## Engaging Mental Exercises for Seniors (Continued)

### Reading and Writing

**Reading books or articles** improves your comprehension and focus.

**Creative writing or journaling** encourages reflection and linguistic skills.



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PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Engaging Mental Exercises for Seniors (Continued)

### Social Engagement

**Volunteering or mentoring** keeps the brain engaged through purposeful activities.







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## Engaging Mental Exercises for Seniors (Continued)

*Engaging mental exercises for seniors can boost mood, reduce stress, and improve overall well-being, contributing to a more positive and fulfilling life as you age.*



# SILVER SNEAKERS PROGRAM BY UNITEDHEALTHCARE



# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Silver Sneakers Program

Silver Sneakers® is a Medicare fitness program for body and mind and is available at no additional cost.



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## Silver Sneakers Program (Continued)

Stay active with a free gym membership at a fitness location you select from a national network of over 17,000 locations.



# CREATIVE & RECREATIONAL WELLNESS

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## Silver Sneakers Program (Continued)

Fitness classes for every interest and ability...

### Strength



Increase mobility and build muscle with classes that use dumbbells, kettlebells, resistance bands, and body weight exercises.

# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Silver Sneakers Program (Continued)

Fitness classes for every interest and ability...

### Aquatic



Give your joints a break by hitting the pool for aerobic and resistance-training classes like water yoga, aqua aerobics, and swimming.



# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Silver Sneakers Program (Continued)

Fitness classes for every interest and ability...



### Cardio

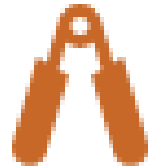
Get your blood pumping and muscles activated! Classes like cycling, kickboxing, and step make it easier to do your daily activities.

# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Silver Sneakers Program (Continued)

Fitness classes for every interest and ability...



### Specialty

Mix up your fitness routine with fun group classes that keep you moving, like Zumba® and self-defense.

# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Silver Sneakers Program (Continued)

Stay focused on brain health with an online program from AARP® Staying Sharp®, including exclusive content for UnitedHealthcare® retirees.





# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Silver Sneakers Program (Continued)

Get started by taking the Cognitive Assessment to see how you're performing today and to learn about strategies to help support brain health throughout your life. Take the Lifestyle Check-Ins and Additional Tests for even more insight.



AARP Staying Sharp®

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# CREATIVE & RECREATIONAL WELLNESS

PHYSICAL & MENTAL EXERCISES FOR BETTER SENIOR LIVING

## Silver Sneakers Program (Continued)

**Feed your mind.**

Enjoy articles, activities, and recipes.

**Exclusively yours.**

Silver Sneakers® members have special access to exclusive content including interactive challenges, and videos.



**AARP** Staying Sharp®

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# CREATIVE & RECREATIONAL WELLNESS

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## Silver Sneakers Program (Continued)

### Staying Sharp® App.

Take AARP Staying Sharp interactive challenges with you on the go when you download the mobile app.



AARP Staying Sharp®

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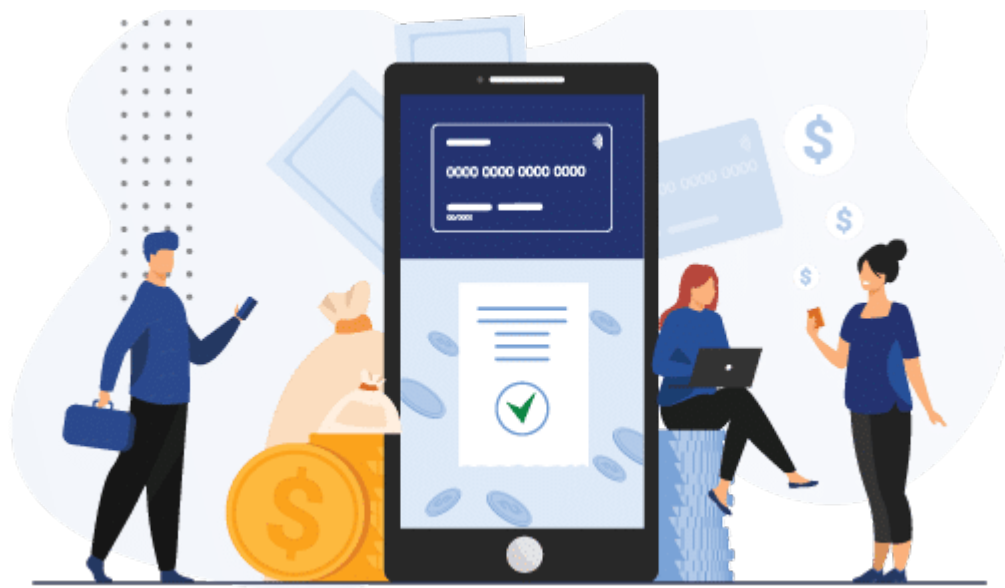
## Silver Sneakers Program (Continued)

**Close, convenient and no additional fee.**

Classes and events are held at a wide variety of locations in your community. Find a location near you through the UnitedHealthcare App or by visiting: [www.silversneakers.com](http://www.silversneakers.com)



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# UNITED HEALTHCARE APP FOR MEMBERS

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# UNITED HEALTHCARE APP FOR MEMBERS



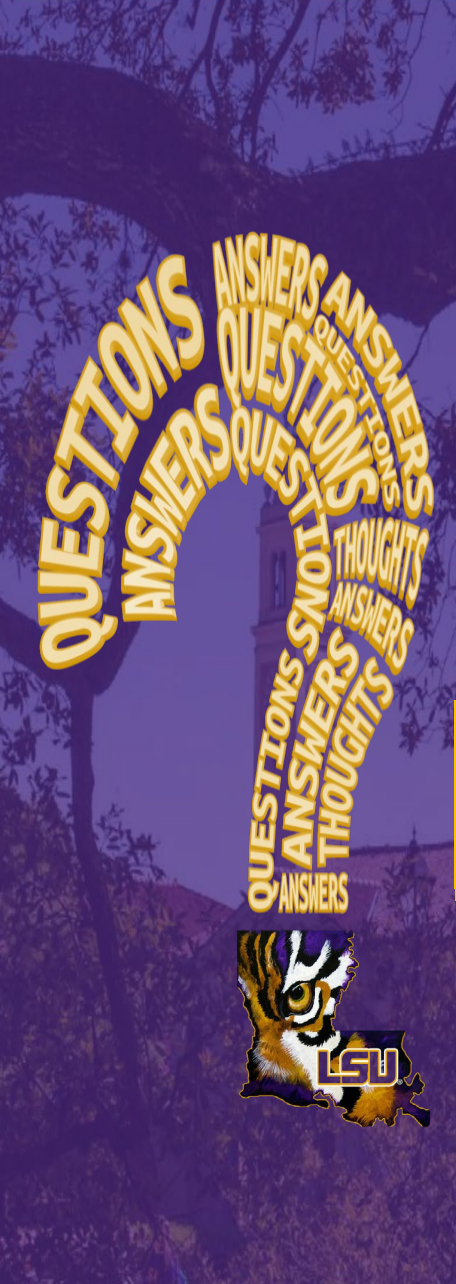
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# **CREATIVE & RECREATIONAL WELLNESS**

***PHYSICAL & MENTAL EXERCICES FOR BETTER SENIOR LIVING***



Presentation developed by

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# **CREATIVE & RECREATIONAL WELLNESS**

## ***PHYSICAL & MENTAL EXERCICES FOR BETTER SENIOR LIVING***

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### **REFERENCES**

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