

Exercises For the Elderly

老年人的运动

Regular exercise is especially important for the elderly. Seniors should remain as active as possible, without overexerting themselves. For older adults, exercise helps you live a longer, healthier, and more joyous life.

If you are just starting an exercise regime, it can be hard to know where and how to begin. There is a good chance you will have to modify many exercises that you performed in the past. Here are a few exercises that are generally safe for older adults to perform:

Exercise #1: Chair squats

Stand in front of a sturdy chair with your feet about hip-width apart. Your heels should be about six inches in front of the chair. Hold your arms straight out in front of your shoulders and brace your core. Slowly bend your knees and push your hips back to lower your butt onto the chair. Pause, then stand back up. Repeat 10 times.

Exercise #2: Single leg stand

Stand tall with your feet together and brace your core. Lift one foot off the floor and hold the position as best as you can for 30 seconds. Repeat on the opposite side.

Exercise #3: Wall pushups

Stand about 3 feet away from a wall. Face the wall and have your feet shoulder-width apart. Place your hands flat on the wall- your body should be leaning forward. Make sure that your spine is straight and not sagging or arched. Bend your elbows to lower your body towards the wall and then push back up. Repeat 10 times.

Exercise #4: Knee lifts

Sit down in a chair with your feet on the floor. Lift up one knee as high up as you can. Pause at the top for 3 seconds and slowly lower your leg. Repeat 10 times then repeat with the opposite leg.

Note that before you launch into any exercise regime, it is important to check in with a physician to ensure you are healthy enough for exercise.

定期运动对老年人尤其重要。老年人应尽可能地保持活跃，但不要过度劳累。对于老年人来说，运动有助于你活得更长久、更健康、更快乐。

如果你刚开始做运动，可能很难知道从哪里开始，如何开始，且很有可能需要调整过去从事的许多运动。以下是一些对老年人来说通常比较安全的运动：

练习1: 椅子深蹲

站在一张坚固的椅子前，双脚张开，与臀部同宽。你的脚跟应该在椅子前面大约6英寸的位置。双手在肩前伸直，支撑住你的核心。慢慢地弯曲你的膝盖，把你的臀部向后推，把你的屁股放到椅子上。暂停，然后重新站起来。重复10次。

练习2: 单腿站立

双脚并拢站直，撑起你的核心肌群。抬起一只脚离开地面，尽可能保持这个姿势30秒。换隻脚重复一样的动作。

练习3: 推牆壁运动

站在离墙大约3英尺的地方。面对墙壁，双脚分开，与肩同宽。将你的手平放在墙上，你的身体应向前倾斜。确保你的脊柱是直的，不要下垂或拱起。弯曲你的肘部，将你的身体向墙边靠近，然后再撑起来。重复10次。

练习4: 抬膝

坐在椅子上，脚放在地上。抬起一边膝盖，尽量越高越好。在顶端停顿3秒钟后，慢慢放下你的腿，重复10次。另一条腿重复一样的动作。

请注意，在你开始任何运动计划之前，请向医生咨询，以确保你的健康状况适合运动。



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弘前萝卜汤 (2人份)

Hirosaki Turnip Soup (SERVES 2)

材料:

- 2个大鸡腿
- 1个萝卜，去皮并切碎
- 8颗红枣干，用热水浸泡
- 1汤匙枸杞子
- 6杯水
- 适量的黑胡椒和白胡椒
- 适量的盐

步骤:

1. 洗净鸡肉并切成小块。将鸡肉放入沸水锅中焯水，然后放在一边。
2. 在锅中倒入6杯水，并煮沸。加入切碎的萝卜、鸡肉、红枣和一小撮白胡椒粉。烧开后煮15分钟。然后调到小火，盖上盖子，焖1小时。
3. 加入枸杞，再炖一个小时。用一小撮黑胡椒和盐调味。然后与面条一起享用吧！

INGREDIENTS:

- 2 large chicken legs
- 1 turnip, peeled and chopped
- 8 dried red dates, soaked in hot water
- 1 tablespoon goji berries
- 6 cups water
- Black and white pepper, to taste
- Salt, to taste



INSTRUCTIONS:

1. Wash the chicken meat and chop into smaller pieces. Blanch the chicken in a pot of boiling water then set aside.
2. Pour 6 cups of water in a pot and bring to a boil. Add the chopped turnip, chicken, red dates, and a pinch of white pepper. Bring to a boil and let boil for 15 minutes. Then bring the heat down to low, cover, and let simmer for 1 hour.
3. Add in the goji berries and simmer for another hour. Season with a pinch of black pepper and salt. Serve with noodles and enjoy!

