

From “I Can’t” to “I Can!” – Three Activities Seniors Can Do

with 2023 Senior Planet Sponsored Athlete Kathy Molloy

Links

- Workouts and Exercises for Seniors
<https://www.seniorliving.org/life/active-senior/exercise/>
- Healthy at Any Age: Why CrossFit is the Perfect Workout for Seniors
<https://www.crossfitfortify.com/healthy-any-age-why-crossfit-perfect-workout-for-seniors>
- Introduction to Water Aerobics
<https://ubiquinol.org/blog/introduction-water-aerobics>

Videos

- 93-year-old Super Annie Never Says “I Can’t”
https://youtu.be/o_D1oqM2wIE?si=HEJdBSFsJWaMPvy-
- Basic Aqua Warm-Up
<https://youtu.be/1JxYplWTOus?si=PsJLLBBWnXg42AK->