Y-J. CHEN, F-Y. HSU. **Fitness exercises and designing well-being activities of the elderly.** *Gerontechnology 2014; 13(2):187;* doi:10.4017/gt.2014.13.02.154.00 **Purpose** This research highlights fitness exercises and well-being activities for the elderly and involve lowering morbidity, improving strength, heightening a sense of empowerment, and improving balance[1]. Healthy aging is based on constructing fitness exercises and meeting the delivery on well-being model of '5As'[2]. **Method** Comprehensive interviews, observations of group activities, and primary source core data and descriptive statistics are used. There are 17 senior citizens of demonstrated communities in central Taiwan meeting the criteria in the analyses. **Results & Discussion** Climate, family support, companionship, free transportation, and the rules of institutions will affect the behavior of exercise. Accessibility and acceptability of the activities and availability at locations are key factors that go into developing exercise habits. Moreover, the fitness exercises can be classified into four types: fitness, leisure, work-based, and volunteer-based. Based on the assessments of four physical abilities (equilibrant, activity, interaction, and reaction), most senior citizens feel good about their physical capacities and health. Although there is some lack of good performance on equilibrant, activity, and reaction, they are still an excellent on the part of interaction. Therefore, the complements of internal and external environments are suggested for 'healthy aging' (*Figure 1*).

References

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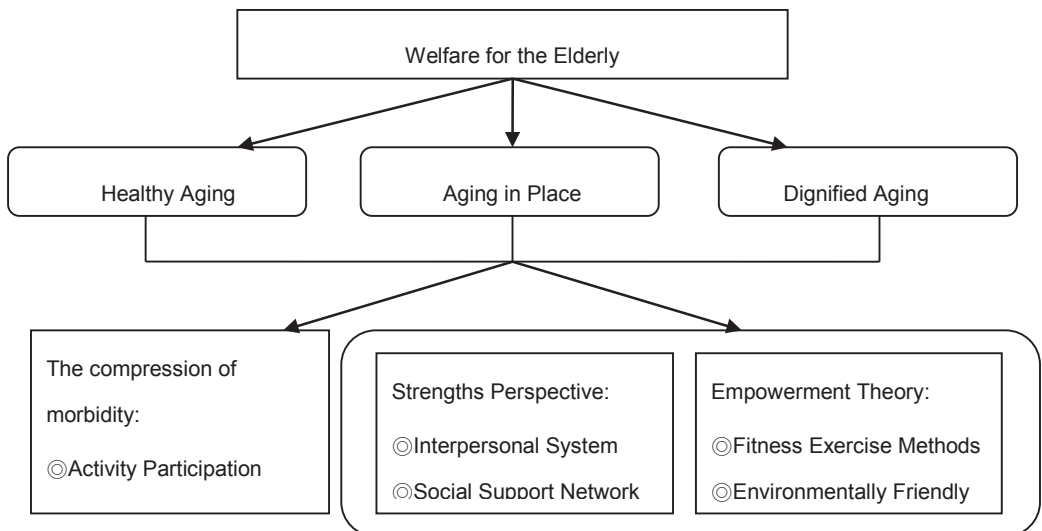2. Moxley DP. The Practice of Case Management. Thousand Oaks: Sage; 1989

Figure 1. Fitness exercise and welfare of the elderly