



Original Article

Association between Healthy Lifestyle among Senior Citizens

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Abstract

This Research paper is based on Self Rated Health Among Seniors it is a website which is used to make the Senior citizens helpful by providing the diet plan, exercise, nutrition, information about the diseases and their precautions also providing the map to locate nearby hospitals and nearby free medical checkup camp for seniors. This online website is for the senior citizens so that they would be able to adapt healthy habits and can have stable mental health. This platform makes it easier to search and take precautions for the seniors to stay happy life and live longer. This paper provides practical solutions that support their health and independences.

Keywords: Senior Citizens, Healthy Lifestyle, Self-Rated Health, Balanced Diet, Physical Exercise, Mental Health, Social, Engagement, Nutrition, Regular Medical Check-ups, Emotional Stability, Preventive Healthcare, Healthy Ageing

Introduction

Ageing is an unavoidable process that affects the day today senior citizen's physical and psychological factors of their life. Most of the senior faces physical problems such as weak immunity, deficiency of calcium, Amnesia etc. Our websites provides the senior citizens with the solutions to stay physically healthy and emotionally strong. Simple small healthy habits can change the lifestyle in a whole different way.

Literature Review

This research paper is used to show that the senior has to daily perform exercise to stay fit, various diseases that can commonly occur like cardiovascular, diabetes, hypertension and also heart diseases to senior's citizens and take accordingly precautions and follow nutritional diet plan. This makes the lifestyle more growth-full and keeps the senior citizens healthy and strong. It is a nutrition-based studies that shows the importance of consuming foods rich in vitamins, fibers, minerals to boost immunity. On the other hand the psychological research shows that social participation stimulation which helps in reducing loneliness, anxiety, depression. Several medical studies has explained that the regular physical exercise can improve their immunity system and stamina. Simple activities such as yoga, stretching, walking, cycling, dancing. The psychological studies have proved that 15% to 20% are the senior citizens that suffer mentally and it also proves that doing outdoor activities such as walking, volunteer working, painting, yoga etc can improve their mental health through these activities they are able to connect with other senior citizens through which citizens through which they feel less lonely and depressed. Nutrition is another major focus in this era. Research shows that the older adults needs a balanced diet rich in fruits, vegetables, calcium, protein, whole grains, etc that helps to prevent common problems low immunity, weak bones and indigestion. Medical studies shows us the importance of the regular medical check-ups and followed up care after the check-up because of the regular check-ups we are able to diagnosis the health problems on the earlier basis and we are able to start the treatment before any serious complications that may get raised. The government hospitals provide free medical check-ups, health services and financial services that supports the elderly health. Overall the literature used to clearly show that the health of the senior citizens should be included with physical activity, nutritional diet, social activities and free medical check-ups for the quality improvement in the lifestyle of the senior citizens.

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Research Objective

The main purpose of this research paper is to understand how the lifestyle of the senior citizens can improve. As people grow older their physical, mental and the emotional becomes unstable. This research helps us to understand the problems faced by the senior citizens and to tackle those problems.

The objectives are as followed:-

1. To make the senior citizens understand the importance of their own health.
2. To study the importance of the nutritional balanced diet.
3. To understand the problems faced by senior citizens
4. To study the importance of social engagement and emotional stability.
5. To identify the challenges faced by the elders and to tackle those challenges.

Discussion

Seniors for their health required a daily routines, engage with social people and perform daily exercise to stay fit. Due to having a balanced diet in day-to-day life they can increase their energy, immunity and also they can prevent from diseases. Doing regular exercises can helps to increases their muscles strength ,while reading the books, listening to music also keeps mind fresh and helps to reduce the stress. Social interaction with family, friends help to reduce the senior loneliness and keep the seniors citizens emotionally stable. Together these practices create a balanced and fulfilling life for seniors.

Key Finding

- Healthy food for senior citizens helps to improve Energy and Immunity.
- Due to exercising daily helps to reduce the legs pain, body pain and helps to increase immunity.
- Engaging with social people reduce the loneliness and stress.
- Yoga can help to decrease the mental stress and can help to have a clear set mind.

Challenges and Solutions

Challenges

In today's modern era the medical studies have been developed rapidly because of this the senior citizens are not able to cope up with the modern medical facility that is provided to them by the government.

- 1) Depression and loneliness are the common challenges that are faced by the senior citizens. The less interaction with the family members can lead to these factors.
- 2) Due to financial issues they are not able to access the good medical facilities and treatment on time.
- 3) The senior citizens face the physical health problems such as joint pain and weakness which restrict the muscle movements.

Solutions

- 1) Providing the balanced diet, nutrition and exercises helps to increase their immunity and strengthen their Muscle movement.
- 2) Visiting nearby hospitals and free regular check-up helps to take precautions in day-to-day life helps to build the strong muscles strength.
- 3) Conducting an awareness program on exercises, nutrition, and balanced diet helps senior citizens to understand this factor.
- 4) Providing outdoor activities like walking, volunteering, gardening etc. helps in mental stability.

Recommendations

1. Government has to support the senior citizens to give free medical check-ups.
2. A senior citizen has to follow regular diet plans.
3. A community has to organize the activities so that the senior citizens interact with each other.
4. The senior citizen has to spend time with family and friends.

Background and Definition

Background

This research paper is based on the challenges faced by senior citizens and the solutions to those problems. This paper consist of practical solutions that would help the senior citizens to implement those solutions in real life. A lifestyle for senior citizens means to keep the mindset, body and emotion healthy. Since older people are weak they come in contact with the diseases easily.

The problems faced by senior citizens are declining of their physical health, lack of awareness about the modern health facilities, less interaction with family and friends etc are the problems faced by the senior citizens.

Definition

A lifestyle for senior citizens helps to supports the mental stability, physical health, emotional balance and builds the connection during their old ages. Providing nutritional diet plans for the senior citizens helps to strengthen their bones and the immunity system

Performing regular physical activities like walking, stretching, yoga, etc. These activities helps to keep their body fit. Even regular check-ups are provided to detect earlier health problems that may raise and take precautions accordingly.

Key Area of Discussion

Recent Development

1. Through their mobile application we are able to trace their current health status.
2. We are also able to understand the opinion about the applications through their feedbacks.
3. It also provides locations of nearby clinics and hospitals.

Applications

1. The senior citizens are encouraged to have a regular checkups in hospitals and free medical campus.

2. Senior has to follow the nutrition diet plans that increase the immunity and energy levels and also manage the high blood pressure.
3. Performing the group activity and social interaction that helps to reduce loneliness and isolation.

Challenges and limitations

1. Challenges

- The common health problems that is faced by the senior citizens are joint pain, weak body, low energy etc
- In today's generation there is less interaction within the family due to which the senior citizens feel lonely and isolated. A lonely senior stop caring about their health that's why they cause the memory loss, stress, depression.
- Due to financial problems the senior citizens doesn't visit the hospitals for their regular check-ups.
- Most of the senior citizens avoid the physical activities which can lead them to the face many physical health problems.

2. Limitations

- Some of the diseases cannot be completely healed by the medicine's or the physical activities.
- In the rural areas most of the medical facilities are not available. The clinics and the pharmacies are very far away because of which the senior citizens are not able to get the treatment on the urgent basis which can lead to server health problems for them.
- The senior citizens may face the difficulties on how to use the digital apps and devices.

Trends and Future Directions

1. Trends

- There are many health apps that helps the senior citizens to use it easily and the senior citizens are able to consult the doctors through the applications
- There are many community clubs that conducts multiple activities that keeps the senior citizens active
- The modern medical facilities helps the senior citizen to get treatment on earlier basis.
- Seniors are encouraged to perform activities like walking, yoga, gardening that keeps the senior citizens active.

2. Future Direction

- The mobile application will notify the user to follow the diet plan and as well as give them to reminder for their regular check-ups.
- Using the AI-based tools to track the health progress using the graphs or the statistical data which can be easier to understand.
- Updating the website according to the feedbacks that is given by users

Conclusion

This study helps us to understand that it is important to build the quality life for the elder people. This study shows that healthy lifestyle and balanced diet helps to improve muscle strength, decreases the risk of diseases and also increases the happiness among the senior citizens. By following the healthy habits like exercising, balanced diet and social interaction helps to prevent from loneliness and to keep them fit and active. Performing every small activities helps to bring the positive result in the senior citizens. In conclusion senior citizens cannot take care for itself they also need the families, society and government to support them.

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Conflicts of interest

The authors declare that there are no conflicts of interest regarding the publication of this paper.

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