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Age and Exercise

There Comes a Time When.....

You just have to accept you're getting older! I just turned, rolled over, limped into '62' and it's not fair – I haven't 'turned' 50 yet! I'm been fighting my chronological age for years and surprisingly, I'm not winning this war. HOWEVER I might be winning the small battles along the way! Despite my attempts to reverse time and reduce myself to a mere number, I have continued to work at staying healthy and active and feel as if I am 10 years younger. Listen, I have no problem with a nip or tuck, tightening, or laser along the way, but the real work comes with the health behaviors I choose to engage. Did you know that it has been estimated that about 40% of what we do, or don't do, impacts our health outcomes and risk for premature death? According to an article in the New England Journal of Medicine, it is estimated that genetics account for 30% impact, the health care system accounts for 10%, social and environmental factors account for 20%, leaving what 'we' do at a whopping 40%! Health behaviors, such as smoking, diet and exercise, are the most important determinants of premature death.

(Schroeder, SA. (2007). We Can Do Better – Improving the Health of American People. NEJM. 357: 1221-8).

According to the U.S. Department of Health and Human Services. Healthy People 2020, more than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities.

There is substantial evidence of the effectiveness of regular physical activity in the primary and secondary prevention of several chronic diseases such as cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis, and premature death.

I have engaged in physical activity my entire life, which I believe, has had a positive impact on my overall health status and aging process. Yes, I don't like the number '62', but I love my blood pressure, my cholesterol, and my resting heart rate! Physical activity is a major part of my treatment plan for osteoporosis, depression, and staying healthy, mobile, and independent into my golden years!

I have to say, exercise has been, is, and always will be my lifeline.

In summary, **an increase in physical fitness will reduce the risk of premature death, and a decrease in physical fitness will increase the risk.** How do we become more physically fit? Start low and go slow if you are an individual starting out who has not exercised regularly. Start with low intensity and go slow until you build up your level of fitness. For example, try to walk for 5 or 10 minutes 3-5 days a week. Slowly increase that time until you achieve 30 minutes 5 days per week. You can even break up 30 minutes into three 10-minute walks. The recommended guidelines to maintain good health are a minimum of 150 minutes a week of moderate-level intensity aerobic exercise. Be sure you talk to your doctor first if you haven't exercised before and have concerns!

For an individualized exercise program and Toolkit or
Health and Fitness Coaching
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www.myfitscript.com

It's
YOUR
Move!