

New Studies Support Importance of Exercise at Any Age

When are you too old to reap the benefits of an exercise program?

“It’s never too late to start,” according to the *Mayo Clinic*. “Even moderate physical activity, such as walking or raking leaves, can help prevent or delay age-associated conditions such as heart disease, diabetes and high blood pressure.”

It’s also been found that exercise may also help improve memory problems. According to the AMA, “exercise improves cognitive [memory] function in older adults with subjective and objective mild cognitive impairment. The benefits were apparent after six months and persisted for at least another 12 months after [our study] had been discontinued.”

Eric B. Larson, M.D. of the Group Health Center for Health Studies expands on the finding, noting, “In addition to traditional medical approaches to prevent [Alzheimer’s disease and related dementias], social factors such as adequate nutrition, habitual exercise, and opportunities for continued social interactions throughout the lifespan also may contribute significantly to improve well-being in late life.”

The experts at Slimtree.com — a leading Web TV Channel specializing in free-access online exercise videos — offer the following.

Fitness at Age 40 and On

As a general rule, people of all ages need to engage in a combination of cardiovascular conditioning, strength training and flexibility exercises to maintain overall fitness and well-being.

At the age of 40 and beyond, health seekers may need to modify their exercise intensity and routine in keeping with the physical, physiological and, for women, hormonal changes that naturally occur at this time.

An aerobic routine coupled with strength training, a healthy diet and

stretching has been proven to replace lost muscle, get the body’s metabolism revved up, keep weight off, reduce pre- and post-menopausal symptoms, lower blood pressure and reduce bad cholesterol. In addition, exercise reduces the risk of breast cancer, colon cancer and kidney stones, helps fight depression and promotes improved sleep patterns. Most importantly for this age group, the focus needs to be on physical activity as opposed to dieting.

Low-impact workouts are generally recommended for those 40 and above to allow them to burn a high number of calories while lowering the risk of injury.

When beginning a new routine, remember that fitness means the ability to get on with life without becoming exhausted by normal daily activities. It’s important to listen to your body and avoid trying to do too much, too soon.

Accessing Fitness Resources

Seniors with transportation concerns often find themselves wanting to work out, but without the means to get themselves to a location where they can exercise. Those in this position, and those who are simply time-pressed and/or prefer to work out in private, would do well by using free fitness videos on the Internet, which offer a cost-effective way to exercise, with expert instruction and guidance, in the privacy of your own home. Other at-home fitness resources such as low-impact exercise DVDs also come in handy.

As goes without saying, no matter how old you are you should consult with a professional health care advisor before beginning any type of physical fitness program.



