

## Healthy exercise – part 2

Many difficulties of aging are connected with inactive lifestyle and lack of physical activity. While your chronological age may be 50, your biological age can be 30 – but only if you exercise regularly. You don't need to run the marathon to get results. Walking, swimming or playing with the grandkids are all great ways to get exercise.

There are many different types of exercise you can do. Here are some areas that you might think about, chose the ones that suits you:

Streching/flexibility exercises & balance - Challenges the ability of your body's joints to move freely. It increases your range of movement for ordinary physical activities such as looking behind while driving, shampooing your hair, or playing with your grandchildren.

Flexibility and balance you can find doing:

Yoga, is a good option because it can be adapted to any level.

Moving through the poses works on strength, flexibility and balance.

Tai Chi and Qi Gong. Is a martial arts-inspired systems of movement that increase balance and strength and it's easy at any age.

Cardio/endurance exercises, you are using large muscle groups in rhythmic motions over a period of time. It includes walking, stair climbing, swimming, hiking, cycling, tennis, dancing and many more.

A special and recommended exercise in this area for people over 50 is actually water aerobics and water sports. Working out in water is wonderful for seniors because water reduces stress and strain on the body's joints. You can also try to find senior sports or fitness classes.

They will keep you motivated while also providing stress relief, fun and a place to meet friends.

Strength/power exercise building up your muscle with repetitive motion using weight or external resistance from body weight, machines, free weights, or elastic bands.

The best way to build real functional strength is to practice calisthenics, exercises that put your body through natural patterns of movement. Calisthenics are also much more effective in strengthening ligaments and tendons. And, by doing regular calisthenics, you will be lowering your risk of injury and building muscle that has been trained for function.

In general you should repeat each exercise as many times as you can, ideally build over time to at least 30 times per exercise. You do not have to do all the exercises each day, you can do different sets each day. Do them in short bursts of 10 minutes or less.

In my next video I talk about the importance of good sleep and why you should try and ensure that you have a certain amount of uninterrupted good quality sleep for the benefit of your health.