



IF YOUR DOCTOR SAYS YOU ARE TOO OLD TO EXERCISE, CHANGE YOUR EXERCISE!

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This is not another article on research and statistics, it is a vibrant read, which confirms, in simple terms, that exercise is for everybody.

There is a growing buzz amongst the 50s plus population as they revitalise their, almost forgotten, former health and wellbeing. Many new converts are experiencing the benefits of an active lifestyle. Immediate effects of exercise include a "feel good" sensation due to endorphin stimulation and a release of built up stress. Many well-known general effects of exercise include reduced blood pressure, decreased weight, reduced cholesterol, better diabetes control, stronger bones, increased strength and the list goes on. Some lesser known benefits include sleeping better, increased energy and an increase in function – for example, the ability to walk faster/further, better use of stairs, carrying more shopping. All this with natural 'exercise'.

My eldest client, Ms. B, is 90 years old. You can find her diligently going through her program every week. This typically includes fifteen minutes on the treadmill (in two lots of 7.5 minutes), resistance exercises including the chest press, seated row, leg press and free weights. She then turns her attention to her balance and skill exercises before moving onto the bike for 5-10 minutes

continued cardiovascular training. To finish, all the clients get together and have a 5-10 minute group stretch. Her active lifestyle has kept her in good health, which shows, as she only takes half a blood pressure tablet every second day.

There are many options to exercise so why go to a gym? The main reasons are professional assistance, social interaction, safety,

to get the most out of your exercise time. Exercising in large groups where everyone is doing the same thing has its limitations. A track record of each session should be kept, to monitor performance and assist in making progress.

Of the few people who have trouble when they join a gym, it is usually due to discomfort. Sometimes, symptoms occur in the knees, hips, back or shoulders. A

for conditions and they will alert you to avoid some exercises that will cause problems. Always get professional advice before starting an exercise regime, as the information in this article is provided as a guide only.

Maintaining your motivation can be helped by exercising with a friend or in a group, setting goals, getting guidance and rewarding yourself on achieving goals. You will get the results through persistence and time. If you are retired, lack of time should not be a problem. If it is, you may need to plan your day better and stick to a regular day and time with your exercise. **Please note** that two lots of 1 hour gym sessions equals 1.19% of your time in a week. Exercising half an hour each working day of the week = 1.49% of your time in the whole week.

I have personally seen remarkable results gained through exercise. One particular client that comes to mind is a gentleman who was advised that he would not be able to walk more than 300 metres in one go again in his life, due to his muscle condition. With self determination and exercise, Reverend O'Sullivan achieved 10,000 meters! The benefits are there for the taking.

When taking steps toward a healthier lifestyle, strongly consider exercise.



variability of equipment, to be out of the cold or the sun, and to be in a safe environment. To get the most out of your gym, be sure to request a thorough assessment before starting which determines your weaknesses, and discusses your goals. An individual exercise program should then be written based on your needs and assessment findings. I strongly recommend that written individual programs be performed

program devised by a qualified health professional in this case is strongly encouraged. This will minimise injuries, prevent flare ups or aggravate past problems. A key person to guide you through the maze and promises of quick fixes is your local doctor, physiotherapist and/or exercise physiologist. They can advise you on general exercise considerations, safety aspects, specific exercises