



Exercise for the older adult

Ageing is inevitable, and affects every single one of us. We tend to bury thoughts of aging because they can make us feel uncomfortable. We are living in an aging world and figures from the last census tell us there are more people over the age of 60 than under the age of 16. Life expectancy for both men and women has continued to rise.

Why use a personal trainer?

I've worked with the 'older adult', 'more mature', 'senior citizen', 60 and 70+, for the past 30 years and they are the age group that are the most dedicated and get the most enjoyment from a personally designed fitness programme, whether their goal be to run a marathon or simply to keep up with newly exploring grandchildren.

The one thing that working with this age group has taught me is that it never gets any easier – so seize the day – don't leave it till you're really 'old'. Not one client I've ever met has said "I'm glad I waited till now before I got fit."

Most of the older adults that I have taught have employed me so that they don't need to worry about

whether they are doing too much or too little, so that they don't need to learn about the components of fitness and how to relate that to their stage of life, and for the privacy of my gym where they don't feel 'quite so daft'.

What exercise can do for you.

Aerobic exercise:

- Increases calorie expenditure.
- Improves the efficiency of the heart muscle.
- Lowers blood pressure and cholesterol.
- Moderate to high intensity physical activity may prevent age related decline in resting lung function.

Strength/resistance training

Exercise programmes for older adults focus on increasing muscle mass particularly in the back, buttocks and legs. Many of the age related changes of muscle function could be minimised or reversed.

Resistance training will also;

- Reduce the risk of osteoporosis.
- Improve postural stability – reducing the risk of falls.
- Increase flexibility and range of movement.