



## DAVID FAIRLAMB THE FIT FACTOR

### NUTRITION CORNER

With parsnips, the general rule the fresher they are, the whiter the flesh. Try to avoid those that are yellow and brown around the core as they are likely to have been in storage for too long



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**I**T is essential for men and women over 50 to engage in regular resistance exercise because the rate of muscle loss nearly doubles after your fifth decade.

Research shows that as many as 80% of men and women in their 50s have too little muscle and too much body fat. Fortunately, muscle loss is reversible and resistance exercise is effective for increasing muscle mass at all ages.

Here are just a few benefits of why you should try to maintain a strong muscular system:

- Rebuilding muscle - even a relatively brief programme of resistance exercise eg 20- to 40-minute session, two or three days a week can help rebuild muscle tissue in people aged 50 to 90. Some studies have shown a gain of three to four pounds of muscle after only a few months.
- Boosts metabolism - Resistance training boosts metabolism energy use during the exercise session and the muscle recovery and rebuilding period after.
- Reducing fat - As your metabo-

lism increases this will help promote weight loss as long as a sensible diet is maintained.

■ Reducing resting blood pressure - Hypertension is a major risk factor for cardiovascular disease. Studies have shown significant reductions in resting blood pressure readings after a few months of standard or circuit-style strength training.

■ Increasing bone density - Muscle loss is closely associated with bone loss. However, increases in bone mineral density can often be seen after several months of regular resistance exercise.

■ Less physical discom-

fort - People with lower-back pain can reduce discomfort by strengthening back muscles. Resistance exercise can help people suffering from certain types of arthritis.

■ Improving mental health - The feelgood factor of any form of training can significantly improve your self confidence and self esteem at any age.

■ Revitalizing muscle cells - Circuit-style strength training can reverse specific aging factors in muscle tissue.

■ Reversing physical weakness - Reasonable amounts of resistance exercise can enable elderly adults to regain strength, fitness, and physical abilities so that they do less sitting and more walking.

■ Combating cancer - Strength training is well tolerated by adult cancer patients and may provide a variety of health and fitness benefits, such as reduced fatigue, increased muscle strength, improved body composition, and enhanced physical function, such as shoulder mobility in patients recovering from breast cancer.

### Motivational quote of the day

*As you grow older if you don't move, you won't move*



### FITNESS TIP

As you age it's hugely important to add some sort of resistance exercise to your weekly routine as muscle loss nearly doubles in your 60s.