



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

As you get older your lean weight decreases, therefore if you walk each day try to either replace the walk or add body weight exercises at least twice a week. Adding some stairs to your walk will help improve your muscle mass and fitness levels.



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ONLY one in three men and one in four women are doing enough of the right types of exercises to keep both healthy and strong according to latest research from Public Health England. Too many of us are neglecting to do exercise for strong muscles and bone.

While the message about doing aerobic exercise for a healthy heart and lungs is getting through, people are less clear about the need to look after their overall strength.

We should all be doing strength exercises at least twice a week. Most people would immediately think you need to lift heavy weights, this is not the case. A sensible resistance programme is certainly one option but taking up a Bootcamp, tennis or dancing also works, according to the Centre for Ageing Better.

Activities offering the most benefit include:

- Ball games
- Racket sports
- Dance
- Nordic walking (walking with poles to give your upper body a

workout as well as your legs)

■ Resistance training (using weights or bands or your own body weight to push or pull against for a workout)

A workout using your own body weight will help maintain your muscle mass which decreases around 5% per decade after the age of 30. It is therefore hugely important to try to reverse muscle loss as you get older. If neglected, day to day activities may eventually become a real issue. Train well and this muscle loss can be reversed in a short space of time.

Exercise and resistance work can have a hugely positive effect on your health during difficult or life-changing times such as pregnancy, menopause, onset of or diagnosis

We don't stop exercising because we grow old - we grow old because we stop exercising

of disease, retirement and recovery from hospitalisation or injury. Muscle and bone strengthening and balance activities such as yoga, cycling, pilates and Tai Chi can also improve physical and well being at any age.

Cycling and running are great aerobic exercises but adding some extra resistance work, especially on the upper half of your body, will not only improve your lean weight but will also maintain overall body strength, therefore improve your cycling or running.

Our Beach Bootcamps and Outdoor Gym sessions cover all this in the most comprehensive way. We also run classes for over 55s for weight loss, health and wellbeing and make sure our clients are looked after specifically for their age.

FITNESS TIP

Make sure you keep yourself strong and healthy by working all the major muscle groups in your body, no matter what age you are - make sure you use it or you will lose it from age 30 onwards.

