



David Fairlamb

THE FIT FACTOR

ACCORDING to healthcare charity Nuffield Health, more than one in 10 members at David Lloyd are over 60 – and they put in longer hours than any other age group with eight visits per month on average.

You may think this is for a more gentle workout – but research shows it's the high-intensity classes and tougher training regimes that are drawing them in.

The biggest rise in sporting participation, according to Sport England in recent years is among the older age groups with both cycling and running seeing the biggest growth.

English Athletics has seen a 12% rise in over-60s joining running clubs in the last year, while British Cycling has seen a whopping 74% rise for fitness cycling.

I have seen a huge rise in clients over-60 training in all our exercise sessions we offer including our Beach Bootcamps, Outdoor Gym strength sessions, Personal Training, indoor Bootcamps and our 6 week body transformation groups. In fact, due to the demand we also run specific small group sessions

for the over-60s and there is certainly no let-up in intensity, as all sessions are designed so each individual can work as hard as they wish, at their own level.

We are now seeing fashion fitness brands such as Sweaty Betty signing up over-60s as brand ambassadors. Gone is the thought process that gyms, exercise classes, weight training, interval training and intense fitness regimes are just for the younger generation. Training keeps you young, makes you feel good, has a real positive impact on your self confidence and self esteem. Those cynics who think exercise is a waste of time as you get older, think again.

For total wellbeing, living a healthier life and doing the things you want to do for longer exercise should be number one on your list.

*Age fast, age slow,
it's up to you*

**Motivational quote
of the day**

Get the most out of your 60+ body:

■ **Run smart** – if you go for a run build up slowly and try to run on softer surfaces eg sand or grass. Some scientists believe that running and other impact exercise, previously thought to be unhealthy for aging joints, actually helps protect them.

■ **Cycle smart** – one study for the over 60s showed cutting down the amount of time on your bike and putting in more intense interval sessions showed a reduction in percentage body fat, improved oxygen intake and increased leg power. They also showed improvement in mental health and feel-good factor.

■ **Resistance training** is proved to be the best way to hold off the effects of muscle loss and the trend seems to be taking hold. It's all about starting at a manageable level and gradually building sensible resistance holding good form.

If you are not sure what is right for you, seek help – it's hugely important that you learn the correct technique for progression and to stay injury free.

LIFESTYLE CHANGE

More people 60-plus are exercising than ever, not just for fitness and wellbeing but for mental health and feel good factor. If exercise is not in your lifestyle, make changes so it is.



Don't miss David's tips every Saturday in your Journal



FITNESS TIP

If you are over 60 and are looking to stay fit and strong, cardio – such as walking, cycling and running – is good but look to add resistance training into your weekly routine to offset muscle wastage.