



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

After the age of 30, you begin to lose as much as 3% to 5% muscle mass per decade. Most men will lose about 30% of their muscle mass during their lifetime. This can be reversed, therefore make sure you change your training regime to incorporate strength work and focus on a healthy diet with plenty of protein.

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

**E**XERCISE has never been more fashionable and has even extended to the fashion world with the new casual look of bright gym wear and expensive trainers.

With the abundance of new types of interval based training classes popping up, under what seems to be a new name every few months, the fitness world is booming. More and more people are becoming hooked through social media, endless diet plans and the pull of endurance events.

Through your teens, twenties and thirties trying all these new, often exhaustion based sessions and events is fun and exciting, but as you hit mid forties and onwards more research and careful selection of the type of training should be considered.

Recent research shows more people in their forties, both men and women are pushing their bodies to the extreme, whether they are trying to lose weight, trying extreme events or simply using the fear of getting old as motivation, its important to be sensible.

Here are some of my tips:

■ Avoid exercising every day as it can work in reverse, it's hugely important to give your body time to rest and recover. Signs of over training include mood swings, tiredness, insomnia, loss of motivation and injury. Also your body can overproduce the stress hormone cortisol. A suppressed immune system and a reduced exercise capacity is not going to make you feel good before, during or after your training!

■ Lifting weights helps sustain your muscle mass which is vital in your forties and beyond it improves bone strength. Try to add resistance work and lift weights three times a week in your forties and fifties, then drop to two times in your sixties to allow recovery.

■ Keep your metabolism super-

*You are never too old to set another goal or to dream a new dream*

**Motivational quote of the day**

charged by working big muscle groups such as legs and bum. Lunges and squats performed correctly are excellent - adding some extra resistance using weights is even better.

■ Cycling, for most, is the perfect non-weight-bearing exercise due to less pressure through your joints. Many ex-sportsmen such as rugby players with lower half injuries cycle, rather than run.

■ Be more flexible by taking up Yoga or pilates. Your flexibility decreases with age therefore stretching will help alleviate stiffness, aches and pains, improve posture and your overall range of movement as well as quicken recovery.

■ As you get older it's even more important to eat healthily to keep your body strong plus it plays a huge role in exercise recovery.

■ A strong core is key at any age but especially as you get older as it protects your spine. Core strength plays a major role to anyone exercising.

It's great news that more people are exercising as they get older but it's very important to listen to your body and be sensible with the type and frequency of sessions.



### FITNESS TIP

**Train smart as you get older – lift more weights, target big muscle groups, eat clean, stretch, add more non-weight-bearing exercises and make sure you take time to recover.**