



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Use it or lose it. For a longer life, staying in good health, and being able to continue doing the things you enjoy for longer, find the time to exercise. The benefits are massive both in the short and long term.

FITNESS TIP

Research has shown a combination of aerobic and strength work on a consistent basis can lower your risk of dying early by up to 41%.

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

AEROBIC activities and weight training have huge health benefits on their own, but combining them can reduce almost half of older people's risk of premature death according to new research.

The research team based its findings on the self-reports and health information of nearly 100,000 men and women.

Older adults who did weight training without any aerobic activity reduced their risk of early death from any cause by up to 22%, a percentage that depended on the number of times they lifted weights within a week.

Using weights once or twice weekly was associated with a 14% lower risk, and the benefit increased the more times someone lifted weights.

Those who did aerobic exercise lowered their risk by up to 34%, compared with participants who didn't do any weight training or aerobic exercise. But the lowest risk was those who

lifted weights once or twice a week, as well as the recommended number of aerobic activities had a massive 41% lower risk of dying early.

These workouts are shown to protect against almost every life-threatening illness. The workouts make you leaner and also improve your mental health wellbeing. The social aspect of training in a gym is another factor linked to a longer healthier life.

The findings support the joint benefits of muscle-strengthening activities via weight training along with aerobic activity, in amounts that roughly align with current physical activity guidelines.

The World Health Organisation recommends that older adults (ages 65 and up) do at least 150 to 300 minutes of moderate intensity exercise or 75 to 150 minutes of vigorous aerobic exercise per week.

Aerobic activities such as walking, dancing, running or jogging, cycling, and swim-

ming. Muscle-strengthening exercises should be done at least twice weekly if possible, according to the guidelines. Those can help prevent falls and related injuries, as well as declines in bone density and ability.

Weight training exercises you can do for 30 to 60 minutes include squats, dumbbells lifted above your head and also out to your side up to shoulder height.

Other daily activities such as gardening can be a good combination of aerobic and strength work depending on your own abilities.

The main thing is to keep moving the best you can on a consistent basis and add some resistance work into your weekly routines.

We run a combined aerobic and resistance workout with all our Body Transformation groups and have specific groups for the over 60s. If you are looking for help with your health and wellbeing please get in touch, it's never too late.



> Aerobic exercise gives older adults a range of protections against life-threatening illnesses