

Common Myths About Exercise and Aging

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How often do we find excuses to give up on our fitness routines as we age? “I’m too old to change this body” or “I haven’t exercised in so long I’ll just end up hurting myself”. Do these sound familiar? If so, READ ON to see why you shouldn’t give up!!

1. “I’m too old.”

Do you think you’re too old to see any gains from exercising? Well, the truth is that you can gain muscle and strength at any age! With just 2-3 sessions per week of resistance exercises, it’s been shown that not only will you be able to maintain your muscle mass and strength but even improve it! And the gains don’t just stop there! The benefits of exercise also include improved physical performance, movement control, functional independence and self-esteem, just to name a few. Exercise doesn’t have to seem daunting. Even a 10-minute walk is a good start and with the cold winter weather, Fitness Forum’s indoor track is just the place to begin!

2. “I’ll hurt myself.”

If you haven’t already been exercising, always talk to your doctor before beginning an exercise program. They can tell you which activities to try and which ones to avoid. Then, to get you started, you can work with one of Fitness Forum’s personal trainers who can show you exactly what to do. That way, you’ll stay safe by learning the correct exercises and forms and how to work within your limits. Here at Fitness Forum we also offer all types of classes that can help you improve your balance and strength, which in turn will help you avoid falls in your everyday life. So stop by today and see what’s available!

3. “My heart isn’t strong enough.”

If done on a regular basis, exercise will actually help **STRENGTHEN** your heart vs putting it at risk. It can be as simple as taking a brisk walk. That’s enough to help your blood circulation, cholesterol levels, and even your mood. In fact, **INACTIVITY** is much riskier as inactive people are twice as likely to develop heart disease—not to mention they also have more doctor visits and take more medications. For overall heart health, the American Heart Association recommends 30 minutes of aerobic activity 5 days per week and 2 days per week of strength training, so get moving! 😊

4. “I can’t afford it.”

Sure, gym memberships can be expensive. However many places offer discounts to seniors and some health plans offer fitness benefit programs where you pay less (or perhaps nothing at all!). For example, Fitness Forum accepts programs such as Silver Sneakers, Silver and Fit, Renew Active and others! Stop by our front desk and we can let you know if you are eligible!

5. “I don’t move like I used to.”

And none of us do! Don’t judge what you can do **TODAY** by what you did in the past! Live in the present! Exercising isn’t about being as fast or flexible as you were when you were in your 20s. You can move at your own pace and still benefit. A study from Yale University found that

seniors who walked just 20 minutes a day had lower risk of mobility disability after 2 years than those who did not. So embrace fitness as a tool to keep you mentally and physically sharp in the years ahead and don't look back!

6. "I don't have anyone to exercise with."

You can find someone! Check out the group class schedule at Fitness Forum. We have over 30 group exercise and aquatics classes where you're sure to meet a friendly face! Fitness Forum also offers several support groups that are open to the public and are FREE! We have an Arthritis Support Group, Break Free from Osteoporosis Support Group, Weight Support Group and a Senior series group that speaks of worldly different topics for Seniors. Once you get talking with others, you will likely be surprised to learn that there are already people around you who you can exercise with and who are working to get fit. Put trust in that if you get moving, everything else -- like finding a workout buddy -- will fall into place!

Fitness, at every age, makes a huge difference in how you feel and move, so if you'd like more help getting fitness back into your life, feel free to drop into Fitness Forum and talk to one of us! We're here to help! 😊