

SENIOR
LIFESTYLE



6 Myths About Activity and Aging

melissakernfitness.net

MYTH 1: “THERE'S NO
POINT TO EXERCISING. I'M
GOING TO GET OLD
ANYWAY.”

Fact: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity.

MYTH 2: “EXERCISE PUTS
ME AT RISK OF FALLING
DOWN.”

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

MYTH 3: “IT'S TOO FRUSTRATING; I'LL NEVER BE THE ATHLETE I ONCE WAS.”

Fact: Changes in hormones, metabolism, bone density, and muscle mass mean that your strength and performance levels inevitably decline with age. But that doesn't mean you can no longer derive a sense of achievement from physical activity or improve your health. The key is to set lifestyle goals that are appropriate for your age. And remember: a sedentary lifestyle takes a much greater toll on athletic ability than biological aging.

MYTH 4: “I'M TOO OLD TO START EXERCISING.”

Fact: You're never too old to get moving and improve your health! In fact, adults who become active later in life often show greater physical and mental improvements than their younger counterparts. Just begin with gentle activities and build up from there.

MYTH 5: “I CAN'T EXERCISE BECAUSE I'M DISABLED.”

Fact: Obviously if you're wheelchair bound there are limitations however you may find that you can lift light weights, stretch, and do chair aerobics, chair yoga, and chair tai chi to increase your range of motion, improve muscle tone and flexibility, and promote cardiovascular health. There are also many adaptive exercise programs to consider.

MYTH 6: “I'M TOO WEAK OR HAVE TOO MANY ACHES AND PAINS.”

Fact: Getting moving can help you manage pain and improve your strength and self-confidence. Many older people find that regular activity not only helps stem the decline in strength and vitality that comes with age, but actually improves it. The key is to start off gently.