

# FIT FOR LIFE

## Training for the 50+ generation



The Government recommends 20-30 minutes of moderate physical activity, five times a week to improve people's health and general well being. For people in the 50 plus age group regular exercise of this kind is extremely important. Links can be drawn between physical decline associated with ageing and a lack of physical activity.

### As people get older, they can experience:

- Reduced muscle mass and strength
- Reduced physical endurance
- Reduced coordination and balance
- Reduced flexibility
- Reduced bone strength
- Reduced cardio and respiratory functions, along with high blood pressure

### Without regular exercise people over the age of 50 could experience the following health symptoms:

- Cardiovascular diseases
- Some cancers
- Strokes
- Obesity
- Osteoporosis

With this evidence in mind, the over 50s need to start introducing physical activity into their everyday routine. This could be exercising at home, i.e. doing the gardening, climbing stairs and floor exercises, or by visiting the local sports centre to use the gym or join in a resistance activity class.

Evidence has shown that doing strength and resistance exercise increases muscle mass giving significant gains in strength in a short space of time, improves bone density and thus reduces the risk of osteoporosis; improved postural stability, reducing the risk of falling; and increased flexibility and range of motion. Aerobic and endurance training can help to maintain various aspects of the heart and lung function, and cardiac output. Together, the benefits associated with regular exercise will contribute to a healthier, independent lifestyle, greatly improving functional capacity and quality of life for the fastest-growing segment of our population.

To ensure the older generation is getting their recommended quota of physical activity, the following activity programme has been designed to cater for their needs. It is important to note that this is only a guide - everyone has different needs. Individuals should consult qualified staff at their local sports centre to ensure that these exercises are right for them and that the exercise is carried out correctly.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Warm-up</b> 5-7mins Warm up on bike, treadmill or rowing machine</p> <p><b>Pre workout stretches</b> 2-3mins</p> <p><b>Resistance exercise</b> 15mins on the arms and shoulders - bicep curls, tricep pull downs, shoulder press &amp; side raises</p> <p><b>Cool down</b> 5mins on treadmill or bike to bring down heart rate</p> <p><b>Cool down</b> stretches 5-7mins</p>	<p><b>Resistance weights</b> class 45mins</p> <p>OR</p> <p><b>Home activity</b> 30 mins, such as an exercise video</p>	REST DAY	<p><b>Dancing</b> 45mins including pre and post stretching and cool down</p> <p>Options could include Ballroom Dancing, Line Dancing, Salsa or Aerobics</p>	<p><b>Warm-up</b> 5-7mins Warm up on bike, treadmill or rowing machine</p> <p><b>Pre workout stretches</b> 2-3mins</p> <p><b>Resistance exercise</b> 15mins on the chest, back, stomach and legs - lateral pulldown, pulley rowing, upright bench press, stomach crunches, leg squats &amp; leg curls</p> <p><b>Cool down</b> 5mins on treadmill or bike to bring down heart rate</p> <p><b>Cool down</b> stretches 5-7mins</p>	REST DAY	<p><b>Swimming</b> 30mins</p> <p>OR</p> <p><b>Cycling</b> 30mins</p> <p>OR</p> <p><b>A brisk walk or light jog</b> 30mins</p>

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