



Beginning to Exercise at Any Age Brings Many Positive Results

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There is no age at which it is too late or too hard to start exercising. If you haven't exercised in a while it can be difficult to start. But if you have patience and make exercise a regular habit, you will witness wonderful, physical results. Exercise makes the body significantly more agile, stronger, more flexible, and more resilient.

My oldest client started training with me at 80 years old. When he first walked in to the gym he wasn't really walking, he was sliding his feet. He was hunched over so much that I could tell that years back he had been about 4 inches taller.

During our initial interview, he told me that he just had his 3rd bypass surgery. Along with that, he had arthritis, sciatica, and both of his rotator cuffs had been torn and operated on at different times in his life. He also had several blood chemical issues. He told me that his doctor said if he didn't start to exercise he was going to see the end of his life sooner rather than later.

How does someone like that start to exercise? Slowly, very slowly. We did some walking on the treadmill in order to re-train his muscles to walk more efficiently. We worked with very light weights, gradually increasing the intensity. We did lots of balancing exercises and lots and lots of stretching.

One year later, my 81 year old client was lifting his feet and chest while he walked and had regained at least two inches vertically. Not only that, but he was swimming and playing golf again! Needless to say he was more vivacious, and very happy.

Another client of mine started exercising again when he was 60. He was a retired Army Lieutenant Colonel and it had been about 20 years since he had focused on physical fitness. He also had type II diabetes. In 2 years of regular exercise training, he more than doubled his strength in his upper and lower body, and significantly increased his flexibility and his endurance.

One of my colleagues was 49 when we started to run together. We conducted meetings once per week while we ran along the Potomac. We started out combining running and walking until he could run the whole length of our route. After that, we gradually increased his speed. By the time he was 50 he told me that he was running more and faster than he had ever run in his life. And he was even better at 51!

Anyone can start to exercise and make significant gains in physical fitness. The important thing is to start slowly and only do what your body feels comfortable doing. As you move forward, you can push yourself more and more. With patience and consistency you'd be amazed at the difference you can make in your body in just one year. Now is a good time to start!

It's recommended that you talk to your doctor before starting to workout. This is basic exercise information for the general public. If you have injuries or other physical limitations, this exercise may not be appropriate. A good rule of thumb: If it doesn't feel good- don't do it!

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