

HINDMARSH AND FITZROY PHYSIOTHERAPY

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WHATS THE BEST EXERCISE FOR YOUR AGE?

THERE'S A BIG DIFFERENCE BETWEEN HOW WE SHOULD WORK OUT IN OUR 20S AND HOW WE SHOULD WORK OUT WHEN...WE'RE NO LONGER 20.

If there's a magic pill for staying youthful, it may be exercise. Daily doses have been proven to thwart a number of aging factors—stress, obesity, heart disease, diabetes—and the longer you're physically active, the less you'll notice getting older. But a 50-year-old's body is not the same as a 20-year-old's; you can't push it the same way you once did, nor should you if you want to keep it in working-out order.

So what's the best way to sustain a healthy body through the years? Have your age in mind. Because – as you may have noticed – time takes its toll on your body.

Heres a synopsis of what you can look at through the decades

Speak with our Exercise physiologist or physios for a more personalised program





IN YOUR 20S

You are at your absolute physical peak in your mid-20s, with the fastest reaction times and highest VO2 max – the maximum rate at which the body can pump oxygen to muscles. After this peak, your VO2 max decreases by up to 1 percent each year and your reaction time slows each year.

The good news is that regular physical activity can slow this decline. Building lean muscle mass and bone density at this age helps you retain them in later years.

Your body is most likely in its peak physical condition and is ready to tackle any challenge you throw its way. Your muscles will recover quickly—more so than they will in future decades. This is when you combine both anaerobic (strength/resistance training) with aerobic (cardio) elements

- Vary your training and keep it fun. Try tag rugby, rowing or boot camp.
- If you are a regular exerciser, get advice from an exercise professional to build “periodisation” into your training regime. This involves dividing your training regime into progressive cycles that manipulate different aspects of training – such as intensity, volume and type of exercise – to optimise your performance and ensure you peak for a planned exercise event, such as a triathlon.

IN YOUR 30S

As careers and family life for many intensify in their 30s, it is important that you maintain cardiovascular fitness and strength to slow normal physical decline.

If you have a sedentary job, make sure you maintain good posture and break up long periods of sitting by forcing activity into your day, such as routing your printer to another room, climbing a flight of stairs to use the bathroom on another floor, or standing when taking a phone call so you are moving every half an hour where possible.

- Work smart. Try high-intensity interval training. This is where bursts of high-intensity activity, up to 80 percent of your maximum heart rate, such as sprinting and cycling, are broken up with periods of lower-intensity exercise. This kind of workout is good for the time poor as it can be done in 20 minutes. [HIT program here](#)
- For all women, and especially after childbirth, do pelvic floor exercises, sometimes known as Kegel exercises daily to help prevent incontinence. [More info here](#)
- Diversify your exercise programme to keep it interesting. Try boot camp, spin class or yoga.



IN YOUR 40S

Most people start to put on weight in their 40s. Resistance exercise is the best way to optimise calorie burning to counteract fat accumulation and reverse the loss of three to eight percent of muscle mass per decade. Ten weeks of resistance training could increase lean weight by 1.4kg, increase resting metabolic rate by 7 percent and decrease fat weight by 1.8kg.

Try kettlebells or start a weight-training programme in your gym.

Take up running, if you don't run already, and don't be afraid to start a more intensive exercise programme. **Yes- YOU can run** You get more bang for your buck with running versus walking.

Pilates can be useful to build core strength to protect against back pain, which often starts in this decade.



Pilates is suitable for a wide range of people, from beginners to professional sportspeople. Pilates treats the body as a whole, building up muscle without adding bulk, improving joint mobility and flexibility, and boosting energy levels.

[For more information on our own Pilates inspired Physio exercise classes click here](#)

IN YOUR 50S

In this decade, aches and pains may crop up and chronic conditions, such as type 2 diabetes and cardiovascular disease, can manifest. As oestrogen declines in postmenopausal women, the risk of heart disease increases. **Our Exercise Physiologist takes our Diabetes exercise classes 2 days a week**

Do strength training twice a week to maintain your muscle mass. Weight-bearing exercises, such as walking, is recommended. Walk fast enough so that your breathing rate increases and you break a sweat.

Try something different. Tai chi can be excellent for balance and relaxation.



IN YOUR 60S

Typically, people accumulate more chronic conditions as they get older, and ageing is a major risk factor for cancer.

Maintaining a high level of physical activity can help prevent cancers, such as post-menopausal breast cancer, colon cancer and cancer of the womb, and it reduces the risk of developing chronic conditions, such as heart disease and type 2 diabetes.

Physical activity tends to decline with age, so keep active and try to buck this trend. Try ballroom dancing or other forms of dancing; it's a fun and sociable way to exercise. Incorporate strength and flexibility exercises twice a week. Aqua-aerobics can be a great way to develop strength using water as resistance. Maintain cardiovascular exercise, such as brisk walking.



IN YOUR 70S AND BEYOND

Exercise in your 70s and beyond helps prevent frailty and falls, and it's important for your cognitive function. If you have a period of ill health, try to keep mobile, if possible. Strength and fitness can decline rapidly if you are bed bound or very inactive, which can make it hard to get back to previous levels.

Walk and talk. Instead of inactive visits from family and friends, go for a walk together. It will keep you motivated and boost your health more than solitary exercise.

Incorporate some strength, balance and cardiovascular exercise in your regime. But get advice from a physiotherapist or other exercise professional, especially if you have several chronic conditions.



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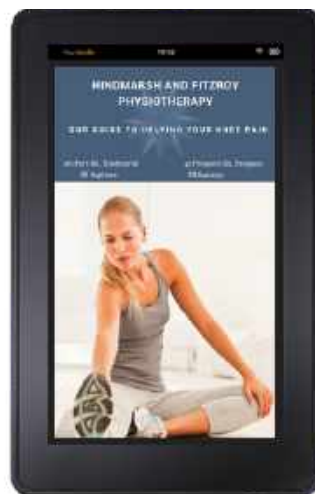
We are committed to supporting you and your familys' physiotherapy needs. Please reach out to our team if there is anything we can do.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.

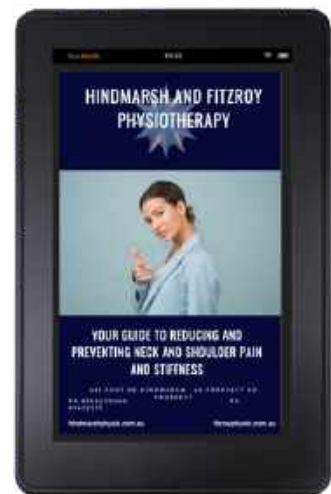
OTHER RESOURCES



WHAT INJURY IS THIS



MANAGING KNEE PAIN



NECK PAIN GUIDE

To access our free E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or **CONTACT US ONLINE HERE** if you would like an appointment

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