

FITNESS MADE EASY

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As we get older and less mobile, we know we need to “move it or lose it”, but it has become more difficult to move. We become more and more sedentary and reluctantly begin to accept what we have been told is the price of getting older. As we lose our muscle mass, we are less agile and flexible and the downward slide seems inevitable.

How do you slow down the slide towards immobility? Start out slowly but consistently. Do a little each day and within a few weeks you have created a habit. It has been proven that it takes six weeks to create a new habit. Be patient with yourself until you get there. Let’s recap some reasons to work your muscles everyday: more energy, better mood, happier outlook, good blood circulation; improved sleep, increased muscle mass, and improved respiratory system are all some of the many reasons to exercise daily. Twenty minutes is all it takes to get a pick-me-up.

Here is a routine that requires no equipment to help get you started.

1. Marching in place while raising and lowering your arms over your head for 30 seconds. This can also be done while seated.
2. Continue to march while doing a bicep curl (make a small fist and don’t squeeze too hard) while keeping your elbows in at your sides. Do 10 repetitions.
3. While standing tall, hold onto a chair and lift one leg at a time, extending the leg outward to the side and then lowering the leg to its original position. Do each repetition slowly. Perform 10 repetitions on each leg. This can also be done while seated. Sit or stand tall and tighten your abdominal muscles.
4. Put your hands on your shoulders while keeping your elbows out to the sides. Straighten your arms out to the side and curl your hands back in placing your hands on your shoulders without dropping your elbows. Do as many repetitions as you can.

***Don’t forget to continue to exhale slowly throughout each exercise.

Do these exercises each day for a week. By the end of the week you will find that you smile more and feel better.