

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +



Avoiding “Boomeritis”- Age-related Injuries

Introduction

“Boomeritis” is a term now used by health professionals to refer to injuries sustained by active older adults. No longer is turning 50, 60, 70 or even 80 the signal that you can no longer be physically active, or to participate in competitive sports, or to take adventure travel expeditions. 65 is the new 40 and baby boomers are embracing the “Just do it” attitude with full gusto. The downside of this “go for it attitude” is that it leaves the aging body more vulnerable to injury. Muscles are usually not as strong as they were 10, 20 or 30 years previously. Connective tissue (tendons and ligaments) is no longer as pliable. Bones are a little more brittle. So what is the older adult to do? The mind is telling them one thing, stay active, and the body may be telling them another, slow down. The answer obviously differs from one individual to another based upon medical history and current level of fitness.

This newsletter will examine how the risk of developing or experiencing “boomeritis” can be minimized.

Addressing the Physical Needs for the Older Adult

In 2011, the proportion of seniors in Canada was 15 %. In 2031, the year all baby boomers, those born between 1945 and 1964, will have reached the age of 65, that percentage will increase to 23%. The physical challenges associated with aging, and the risk of injury as the result of these changes, are many. Muscle atrophy and weakness resulting in earlier onset of motor fatigue, peripheral and central neurological decay resulting in slower reflexes, osteoporosis which is the decalcification and weakening of bone, cognitive decline and the early stages of dementia and metabolic conditions such as diabetes are just some of the factors that increase the risk of injury.

Consistent exercise is the first line of defense to condition the older adult for an active healthy life style. A formal exercise program must address the following four areas;

1. Muscle strength— especially in the legs, arms and shoulders.
2. Flexibility— especially in the shoulders and lower back and neck.
3. Balance, agility and coordination – this is largely dependent on muscle and neurologic stimulation and conditioning.
4. Aerobic capacity— cardio vascular and respiratory capacity is often compromised with the older adult and results in functional fatigue.

Did You Know

Defining Health

Health is defined by five factors;

1. Chronological age
2. Genetics
3. Current level of physical fitness
4. Nutritional health
5. Emotional/attitudinal perspective

The first two factors we can do nothing about but the last three are totally in our control.

Three strategies to take control of your health:

1. Establish specific days of the week and times of the day that you are going to work out and stick to it. Make it a priority in your weekly/daily schedule.
2. Think before you eat. Follow the Canadian Food Guide (http://hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf) and you will be eating the proper foods in the right proportions.
3. Follow the 80:20 rule. Follow healthy guidelines 80% of the time and go wild the other 20%. Give your self permission to splurge and don't beat yourself up if you don't make a workout or eat or drink too much occasionally. You are what you think you are. Perspective is everything. A healthy attitude goes a long way to being a healthy happy person.

Minimizing the Risk of “Boomeritis”

Don't let age get in your way of enjoying life to the fullest. Stay active but stay healthy. There is nothing more discouraging than planning and training for an event or trip and then injuring yourself to the extent that you need to cancel your plans or can't enjoy the experience to its fullest. The following is a set of muscle resistant/strengthening and flexibility exercises that you can do to minimize the risk of injuring yourself.

Three key points;

1. Start slow and easy. Rome was not built in a day and re-conditioning your body will take time. Exercising consistently is the key to success and injury prevention. Doing muscle resistant exercises targeting the major muscle groups of the body twice a week is usually sufficient. If there is a specific event/activity that you are preparing for then you may want to consult a personal trainer who can develop a specific exercise program to address your specific needs. Remember, not every exercise session needs to be a gold medal performance, “Success is in the doing...over and over and over again”.
2. Make time for stretching. A lack of flexibility as we grow older is major deterrent to being active and leaves you vulnerable to injury. The key to flexibility is the frequency with which you do it. It is better to take five minutes three times a day and stretch than it is to take 15 minutes once a day to stretch. Stretch before an activity to prevent injury during the activity and stretch afterward to prevent stiffness and chronic contracture of the muscles, ligaments and tendons.
3. Consult your medical doctor before beginning any form of strenuous activity exercise program. It is always best to make sure that there are no health contraindications. An ounce of prevention is worth a pound of cure.

Muscle Resistance/Strengthening Exercises

For a complete list of muscle strengthening exercises please go to www.forever-active.com and click the following links under Newsletters:

- June 2012– Balance
- July 2012– Strength Training
- Nov. 2012– Core
- Nov. 2013—Recovery, its Importance to Health and Physical Performance
- Feb. 2014– Cardio Vascular Training
- May 2014– Nordic Pole and Hill Walking
- July 2014– Pilates
- August 2014– Home Exercises –Part 1
- September 2014– Home exercises—Part 2
- October 2014– Whole Body Vibration

Flexibility Exercises

For a complete list of stretching exercises please go to www.forever-active.com and click the following links under Newsletters;

- January 2013– Myofacia
- February 2013– Flexibility and Aging

Nutrition

For a information of Nutrition please go to www.forever-active.com and click the following links under Newsletters;

- August 2012– Nutritional Supplementation
- October 2012– Anti Oxidants
- December 2012- Essential Foods
- September 2013—Sports Nutrition
- April 2014—The facts about Sugar and Gluten

Emotional/Attitudinal Health

For a information on Attitudinal Health please go to www.forever-active.com and click the following links under Newsletters;

- | | |
|-----------------------|--|
| April 2013– Stress | March 2014– Sleep and Insomnia |
| June 2013—Mindfulness | June 2014—The Mind Issue– Exercise and Mindfulness |