

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+

Introduction

“You are not old until age becomes your excuse”

Joe Friel, Author of, “Fast After 50” and
multiple Master Triathlon Champion

We should all look forward to getting old because the alternative, death, is not much fun. Most people fear getting old. They associate advancing age with chronic illnesses such as arthritis, diabetes, heart disease, dementia and loss of independence. However, for most of us, it does not have to be that way. I say most of us because there are certain things that we cannot control such as our genetics that can predispose some of us to certain illnesses.

Research has and continues to confirm that our lifestyle (diet, sleep and activity level) plays a critical role in determining the quality of our golden years. This newsletter will deal with how we can maximize our athletic activities to maximize the health benefits.

“Success is in the Doing”

Motto for Forever Active

Sustainability and Consistency of Doing the Activity / Exercise

- Are necessary for any type of activity or exercise to have beneficial health affects.



You must get the Intensity of the Activity / Exercise Correct

- Too much too soon = Body breakdown
- If not intense enough = you do not achieve the full health benefit of the activity / Exercise.

AskTheTrainer.com RPE Chart Rate of Perceived Exertion	
10	Max Effort Activity Very difficult to complete exercise. Can barely breathe & sweat a large amount.
9	Very Hard Activity Very difficult to complete exercise. Can barely breathe & sweat a large amount.
7-8	Vigorous Activity On the verge of becoming uncomfortable. Heart rate is high, can hold short conversation.
4-6	Moderate Activity From the you can converse for hours. Heart rate is high, can hold short conversation.
2-3	Light Activity Feels like you can talk about for hours. Heart rate is high, can hold short conversation.
1	Very Light Activity Anything other than sleeping. Watching TV, riding in a car, etc.

Safety First

- always be conservative when resuming activity / exercise. Doing an extra 5 minutes or an extra rep or set will not get you to your goals faster.



Did You Know

Training = Stress + Recovery

Two common activity / training mistakes that results in injury and illness are;

1. Doing the activity too hard, too long, too frequently, too soon.

DOSE = intensity + duration

DENSITY = how many workouts you do in a given time period. (ie- a week)

Key points:

1. As you age, Dose and Density need to decrease

2. Dose is the controlling variable. The more intense the activity the less frequently you workout.

2. A lack of recovery time between activity sessions.

Key Points:

1. The body needs time to recover/heal after exercising.

2. The body’s strength and activity hardening adaptation to exercise occurs during recovery time.

3. The less physically conditioned you are the longer (more days) you need to recover.

Predictor of Good Physical Endurance

Aerobic Capacity

Definition - How well you can deliver oxygen to your working muscles.

- aerobic capacity is closely related to age. It decreases by 1-2 % / year after the age of 30.
- The more sedentary you are, the faster your aerobic capacity declines.
- **Research has shown that doing exercise for more than 20-30 minutes at an intensity of 60-70% of your maximum heart rate (Heart rate max = $207 - (\text{age} \times .7)$) can slow the decline of your aerobic capacity and the aging process.**
- Research has also shown that the more intense the exercise can be done (80-90% maximum heart rate), even though it will be for a shorter period of time, the greater the health benefit. This type of training would be called High Intensity Interval training (HIIT). You must have a strong baseline of fitness before you do this type of high intense training.

AEROBIC EXERCISE

-CARDIORESPIRATORY ENDURANCE ACTIVITIES OFTEN ARE CALLED AEROBIC EXERCISES

-ONLY AEROBIC ACTIVITIES WILL INCREASE CARDIORESPIRATORY ENDURANCE

-EXAMPLES: WALKING, JOGGING, CYCLING, ETC.



Big Three Age Related Limiters to Your Health

1. Decreased Aerobic Capacity

Results from decreases in:

1. Maximum heart rate
2. Maximum amount of blood the heart pumps out per beat.
3. Lung capacity. Lungs become less elastic
4. Elasticity of your peripheral blood vessels
5. Aerobic enzymes in your working muscles that use the oxygen to make energy for muscle contraction

2. Increase in Body Fat

As we age we gain fat and lose muscle mass because of a decrease in hormones that restrict the activity of an enzyme that results in fat accumulation.

3. Muscle atrophy / loss (Sarcopenia)

Starts around age 40 by 1% / yr and increases to 2% / year after age 70.

Due to:

1. Decrease in hormones (testosterone and estrogen).
2. Lack of exercise, especially strenuous exercise

Note - that your weight may stay the same because the loss in muscle mass is compensated for by the gain in fat.

Critical Mass | How muscles decline as we age

These cross-section scans of thighs of men of similar body-mass index show typical loss of muscle quantity and quality with age. Normal-density muscle, shown in blue, gives way to low-density muscle, the green marbling, and fat, in red and orange.

Male

42 years old

BMI = 22.7



Male

70 years old

BMI = 24.7



Sources: Roger Fielding, Tufts University; Nathan LeBrasseur, Mayo Clinic

The Wall Street Journal

Two Key Types of Exercise Workouts to Slow the Aging Process

1. Aerobic / Endurance Workouts

Purpose:

1. Improve heart strength and aerobic capacity
2. Enhances metabolism to help in weight / fat control.



Workout Guidelines:

Duration—30 min or more, depending on your level of fitness.

Intensity—60-70% maximum heart rate

(Max heart rate = $201 - (\text{age} \times .7)$).

- Rate of Perceived Exertion (RPE)
60% (subjective)

Note—intensity low so duration is the key driver.

Frequency— can be done often based on your level of fitness. Three times a week is usually ideal.

2. Strength Training

Purpose:

1. Slow age related loss of muscle mass
2. Improve ability to do activities of daily living



Workout Guidelines:

- 1– 2 times per week

- Do exercises that are specific to your needs but you should try to target all muscle groups (chest, upper back, shoulders, arms, front and back of your legs)

- 2– 3 sets of 8-12-15 reps. Rest for 2 minutes between sets

- All movements are done slow and controlled. No ballistic movements!

Overtraining

We have already discussed the need for adequate recovery time between exercise /activity sessions to prevent injury and illness. Recovery is also necessary to facilitate maximum strength and endurance development (training effect) from your exercise effort.

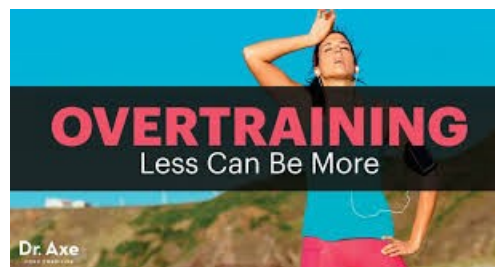
There are certain warning signs to alert you that you are not giving yourself adequate recovery time and overtraining or being too active:

1. Persistent fatigue— even after a few days rest.

Note—fatigue is common with training and should disappear with sufficient recovery time



2. Low motivation
3. Decreased appetite and loss of body weight.
4. Persistent muscle soreness
5. Upper respiratory illness
6. Moody and easily agitated
7. Decreased performance in your activity or training.



Summary

1. You must find the right balance of volume and intensity of the exercise / activity.
2. Too much too soon usually results in injury and psychological and emotional exhaustion.
3. Being active only creates the potential for fitness BUT true fitness and health improvements occur when you are allowed rest / recovery periods.