



Use Exercise as Your Fountain of Youth -- Combat the Effects of Aging with Exercise

## Do You Have the Courage to Finally Unite Your Mind, Body and Spirit for a Health and Fitness Awakening?

My name is Michael Kissinger, and my promise to you is simple: If you have the courage to unite your mind, body and spirit through personal training, then you will live an active, disease free, age defying life on levels you've never considered.

RIOT Personal Training: This one-on-one training incorporates setting goals and health education into challenging workouts that are specially designed to meet your individual needs. RIOT personal training is perfect for anyone who is not getting results from his or her current fitness program, has specific goals and needs motivation to stay consistent, wants to make the most of the time spent exercising, wants to insure proper form and technique, or is following specific recommendations from a physician. Working with a RIOT personal trainer can help you manage health conditions such as:

- Arthritis
  - Obesity
  - More
- |               |                            |                       |
|---------------|----------------------------|-----------------------|
| Diabetes      | Osteoporosis               | Hypertension          |
| Heart Disease | Asthma & Pulmonary Disease | Chronic Low Back Pain |

Personal training for adults and seniors is growing in popularity and is a growing trend with important outcomes for an active, disease free, age defying life. RIOT personal fitness training and coaching is part of a growing trend in the personal training industry that caters to busy people everywhere.

RIOT is now offering specialized programs that cater to older individuals who want more independence, more functional mobility, and greater health and stability and personal safety for daily living.

This specialized form of personal training addresses many of the physical declines that seem to occur with age (loss of balance, coordination, strength and endurance) that lead to a lower quality of life and less overall independence.

### Adult & Senior Training Is Not Just Easier Training

A snap assessment of "adult and senior personal training" might lead one to think it's just easier personal training. Not so, but it does mean the training focuses on different needs and limitations. Exercises that take into account common problems associated with age, including joint pain such as arthritis and general joint health and safety, is critical for senior-focused training.

Let's look at seniors! Seniors are defined as those who are 65 years of age and older. Keeping fit can dramatically impact the quality of life a senior will have in later years. Training can help improve bone density and maintain coordination and overall muscle tone. Many primary functions of the body decline with age, including:

- Elasticity of tissues
- Muscle mass
- Bone density
- Blood volume output
- Neuromuscular coordination
- Maximum heart rate

Common chronic conditions associated with older age include lower bone density (osteoporosis), arthritis, overweight or obesity, and back problems. A RIOT personal trainer can help manage these challenges for seniors

Motivation is also an important aspect of personal training for seniors—especially for those for whom fitness has never been a focus in their lives. It is easy to become discouraged when faced reduced flexibility, balance, strength endurance. The notion that we're just "too old" for this sort of thing or that it's too risky can keep seniors from pursuing a fitness routine.

This is where the RIOT personal trainer who specializes in senior fitness is important. Having someone to push you but also reassures you builds confidence, which brings benefits of its own beyond the physical benefits. The worry about the risk of injury is well founded because as we age our bodies don't bounce back as quickly, and minor injury can lead to bigger problems. If you've never used a gym, walking into one can be intimidating—and this is true no matter your age! But this should not bar you from your goals of physical improvement.

## **Opportunities aren't hidden from you. Opportunities have been right in front of you... all along**

As the baby-boomer generation ages the need for RIOT personal trainers specialized in senior fitness has grown, and will continue to grow for years to come. RIOT's senior fitness programs offer one-on-one training is an area with growing support. Research continues to find that a well-planned, progressive exercise programs can lead to dramatic improvements in strength, balance, confidence and the ability to live independently in seniors from 50 to 80 and beyond.

While others struggle with their health and fitness, their meaning, their passion, and their purpose ... RIOT clients are always experiencing new dimensions of health, fitness some would consider impossible.

Aging is inevitable, but there's no reason you can't make the process more enjoyable. Exercise with RIOT can promise better health, functional independence and a better quality of life as you age. In fact, it may help slow the aging process by preventing or reducing the chances of disease and disability in seniors.

### **Medical Assessment and Fitness Assessment**

As with all clients, an adult and senior client should have a medical screening, answer a Par-Q medical questionnaire, get a medical clearance or have a thorough medical examination and fitness assessment prior to beginning a training program.

Low risk clients are men under the age of 45 or women under the age of 55 who have no symptoms of cardiovascular, pulmonary or metabolic disease and one or fewer risk factors. Low risk clients may not need to receive a medical clearance from a doctor prior to starting an exercise program.

High risk clients should receive a medical clearance from a doctor prior to starting an exercise program. People with:

- Angina – pain in the chest, arm, neck or jaw
- Dyspnea – difficulty breathing while resting or sleeping
- Syncope- dizziness or fainting
- Endema – swelling of the ankles
- Unusual or uneven heartbeat
- Leg or foot cramps when performing an activity
- Heart murmur
- Any exhaustion or difficulty breathing during normal behavior

### **Exercise Basics - Cardio**

The exercise guidelines for older adults aren't much different from any other age group. You want to do regular cardio exercise to keep your heart and body healthy, aiming for about 2.5 hours a week (or about 30 minutes, 5 days a week) of moderate intensity activities like walking, jogging, Tae Kwon Do or any other cardio activity you enjoy.

To get started, one option is to join RIOT where you have access to a variety of classes and activities. Another is to start right at home with a basic walking program. One 30-minute walk or three 10-minute walks a day can help you add a few more years to your life.

Another favorite is water aerobics, particularly if you have any joint pain. Water aerobics can help with flexibility, mobility and cardio endurance. Plus, the water gives your body full support so there's no impact on the joints which is helpful if you have joint tenderness or pain.

### **Cardio Exercise Guidelines for Seniors**

Regular cardio exercise is important for any age group, but older adults probably have the most to gain from starting (or continuing) an exercise program. Not only does cardio strengthen your heart and lungs, it gives you more energy, sharpens your mind, helps you manage your weight, can reduce symptoms of anxiety and depression, and may even keep you young.

The question often is, how much cardio should you do and what's the best way to get started? The Cooper Institute suggests three different options:

- Moderate intensity cardio for 30 minutes, 5 days a week, or
- Vigorous cardio for 20 minutes, 3 days a week, or
- A mix of moderate and vigorous cardio, 3-5 days a week

### **Exercise Basics - Strength Training**

Some older adults might worry about the safety of strength training, but experts know it's essential for building strong bones and muscles while keeping your body functioning at its peak.

It doesn't take much strength training to reap the benefits. Just a few exercises a week can help you build muscle and improve your ability to do things like climb the stairs or get up from a chair. Some exercises you can do at home include:

- Chair Squats
- Ball Taps
- Knee Lifts
- Wall Pushups

### **Exercise Basics - Flexibility Training**

Flexibility training is important for all clients in order to warm up and cool down muscles, improve range of motion, and add elasticity to connective tissues to reduce risk of injury. Flexibility is especially important for senior clients who may have lower muscle tone, lower elasticity of body tissues, and lower coordination as a result of aging. Increased flexibility is a good foundation for better training results and ultimately more ability to perform daily activities necessary for independence.

The senior population can benefit greatly from both static stretches and self-myofascial release, while dynamic stretching should be used for warming up and cooling down before and after a workout.

**Could small radical shifts in how you see and think and feel...  
Elevate you to a new lifestyle?**

**When you're ready, we're here.**

Whether you're an early riser, prefer a midday workout, or the evening is when you hit your stride, you'll appreciate our convenient hours. And no matter when you're ready to exercise, you'll find multiple options from which to choose: classes exploring physical exercise, the mind-body connection, martial arts exercise, and services such as weight management and personal training.

It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping, and playing with your friends. It is also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.

When you exercise, your brain releases chemicals called endorphins, which is a natural way to make you feel happier. It is just another reason why exercise is a fun activity. For more information about this topic, please call **650-992-3939**