



## Life-Long Fitness

Have you neglected your life-long commitment to fitness? Do you think "now it's too late?" Recent studies have provided evidence that anyone, even an older person who has failed to maintain fitness over time, can benefit from starting again, and beginning an exercise program.

One study, reported by Dr. Benjamin Levine, associate professor of internal medicine and director of the Institute for Exercise and Environmental Medicine, states that in 1996, five middle-aged men took part in beginning a program of moderate exercise, one hour, four to five times per week, after having had relatively sedentary life-styles for 30 years. In those 30 years, they had increased their weight an average of 25%, had doubled their body fat, and their aerobic capacity had declined an average of 11%. After only six months of their new fitness program, they had gained the cardiovascular fitness levels they had enjoyed as 20-year-olds, and enjoyed other benefits a regular exercise program offers.

I work with people of all ages, but mainly 40-90 year-olds. After incorporating balance training, strength training and flexibility training in my CK Fitness workouts, I've seen a marked improvement in participants' overall fitness, health and well-being. Participants are encouraged by greater joint range of movement; noticeable gains in strength, and most particularly, better balance skills. Often, clients tell me about a stumble they've had, and their ability to catch their balance without falling.

Exercise will improve the quality of your life! There's an old adage, "add life to your years, as well as years to your life by exercising". A properly designed exercise program will give you more energy, will make you stronger, will help to improve your posture, will help to achieve relaxation and manage daily stress, and more!

It's never too late to start an exercise program, no matter how old you are! Now get going. . . .