

# WHEN AGE CATCHES UP – WALK FASTER!

There are a few things that we have no control over - one of them is our age. As I write this I have just turned 40 plus GST. Now I don't consider myself old by any stretch of the imagination, but I do know that I can't do the things I used to do when I was 20 plus GST!

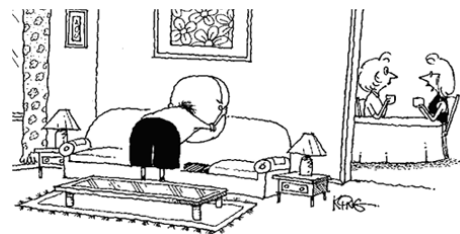
I know many people feel the same way; "when I was a boy/girl ..." they say as they tell us about all of the incredible physical feats they achieved in their younger years. At the same time I know some "more mature" people who still do incredible things - as I write this it is Melbourne Marathon day 2008 and I have been watching all sorts of people of all ages and body types run 42km. That is an incredible achievement and if you have run a marathon (irrespective of your age) you should be very proud.



The point is this; whilst your age may require you to take more care about what you are doing from an exercise perspective, it is not a limit nor an excuse for you not to continue to participate and achieve great things with your exercise and health.

Here are a list of things that you should consider as you advance in years and continue to strive to be your best:

- **Age is no excuse.** This picture is of Buster Martin, the worlds oldest marathon runner. He is 94 years young! What's your problem?!
- Don't limit yourself by your age – you can still do amazing things
- **Start nice and easy** and build up to whatever level of activity is right for you – that may just be walking.
- **Listen to your body** – The attitude of "She'll be right mate", may have been okay when you were a teenager, but is certainly not a good long term strategy.
- Make sure you are getting **regular medical check ups** to make sure you are not doing yourself any harm with your activity.
- If you find yourself unable to do the things you used to be able to do, **be grateful that you have experienced the joy of that activity.** NOW find something that you **can do** that will give you just as much joy.
- Include some **supervised strength training** – as you get older you will lose muscle which will potentially affect the things you enjoy.
- Include some **core strengthening and stretching** – yoga, pilates and work on the exercise ball. This will help to prevent injury and keep you feeling energised.
- Make sure you are **eating well** to get all the nutrients and energy your mind and body needs for you to get the most out of your activity and life.
- **Just do something** – move your body everyday, it doesn't matter what you do.
- Find things that **you enjoy** and do them with a friend or **someone you care about.**



***Just remember AGE IS NO OBSTACLE – get out there and live life to the fullest***

The doctor said he needed more activity. So I hide his T.V. remote three times a week.