

# SENIOR FITNESS

**(For men over 60)**

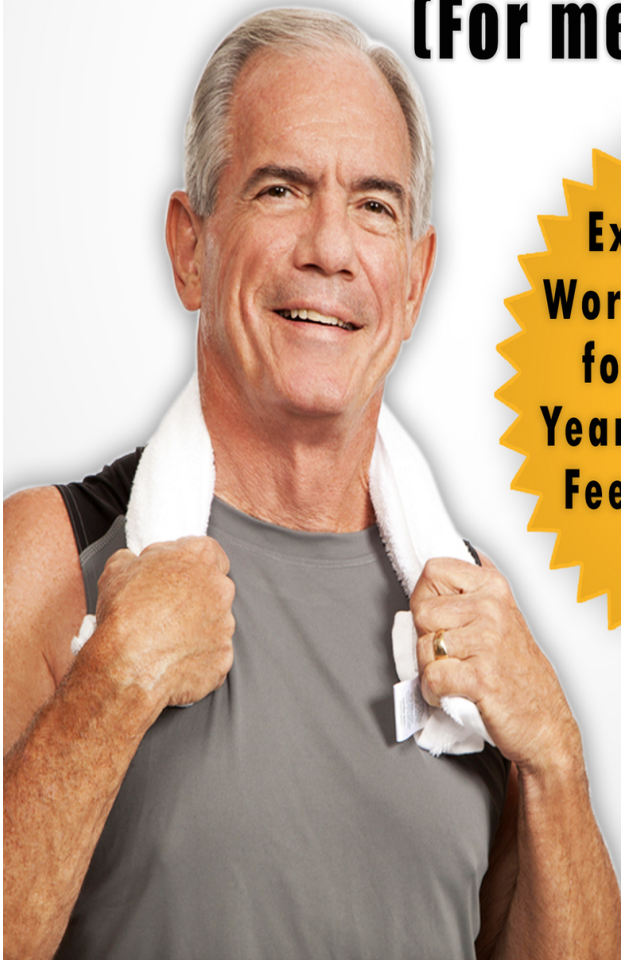


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Workout Routines  
for Looking 10  
Years Younger and  
Feeling Stronger  
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**Jacob Maxwell**

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*You see, you don't get old from age, you get old from inactivity,  
from not believing in something.*

*– Jack LaLanne*

## **Introduction**

It was 2015 and I had finally retired. Although I was ecstatic in the beginning, the novelty of retirement was short-lived. I realized that not having anything to do was more exhausting than actually working, so I decided to become a freelancer. I started with basic data entry tasks and soon built a name for myself on sites like Upwork.com. I got a taste of what the kids these days are calling the “laptop lifestyle”. I worked the hours that I wanted, took on the clients that I chose, and was paid the price that I asked for. It felt empowering.

My new “job” meant that I was spending on average 6-8 hours a day sitting down working on my laptop. I didn't notice it at first, but I was developing certain tension around the nape of my neck and found it increasingly hard to sleep at night. Soon, my wife grew tired of constantly massaging me before bed and decided that I should unglue myself from the computer screen. There's never any arguing with that woman. Also, she was kind of right.

I looked at the mirror and found a hunched 63-year old man with a protruding belly and a depressed look on his face. I had to change my routine. I decided I wouldn't leave my new online career, I found it to be too damn fun. Instead, I had to get active again. I had to exercise. I didn't want to spend the rest of my days looking like crap.

Just a month before this epiphany, I had driven to Rayleigh to visit my grandchildren. Tom, the youngest one, was already 3 years old. Last time I held him he was as bald as his grandpa. Now, he was sporting a full head of curly blonde hair. I approached to carry him as I used to do. As I bent my knees and held out my arms, the weight of his body took me aback. Finally, I carried him with some difficulty.

In hindsight, this is probably the reason I decided to become fit. I wanted to be able to carry my grandson, bring the groceries and do repair work around the house like I had always done. I didn't want to feel useless or like I was waiting around for my end to come.

If this story resonates with you, then I urge you to do the same. Staying in shape into your 60s isn't just for the looks or for reliving the "glory days". It's for the feeling of certainty it will bring upon your life. It's for your grandchildren. It's for your loved ones.

Whatever *your* reason may be, it's important that you get started. Start by establishing realistic goals in your journey to better health. What aspect of your health would you like to improve? Identify it and then create a plan and stick with it until you start seeing results. There are no quick-fixes or shortcuts to take.

It's been a few years since I've started my fitness journey. Today, it doesn't feel like work anymore. It's part of who I am and what I do. Not only do I look at least 7 years younger (some say up to 10!), I've also lost the belly fat and can easily carry both of my grandchildren (now age 5 and 7) around like it's nothing!

I truly believe that low energy and fatigue are symptoms of inactivity, not of old age. Don't listen to the social narrative telling you what you can or can't do because of your age. As long as the doctors allow it, engage in exercise and grow your physique! It's never too late to start!



## *Where you stand*

*“Age is just a number”.*

Recent health and fitness articles are full of statements like this. Is it true? Or is it part of the writers’ clickbait strategy to get you to read otherwise unimpressive material?

People who are 60 years old and over made up approximately 20% of the world population in 2012. By 2050, that number is expected to rise to 30%. Even though people are living longer, most aren’t necessarily living healthier. Ease of transportation, next-day delivery and online interconnectedness are cutting down on the need for physical effort the senior population once had. The calorie-abundant American diet isn’t helping either.

It’s no surprise that the average senior citizen lets him- or herself go and stops assuming responsibility for their health.

*“Exercise and diets? That’s for the kids to do, I’m too old for that”.*

*“Running? I can’t do that. I’m not as young as I once was”.*

*“Lift weights? Get rid of this back pain first and I’ll think about it”.*

*“Look younger? That’s impossible- must be a fad. They’re probably trying to sell you something” .*

*“Smoking kills? Well, everyone’s got to die of something”.*

As unbelievable as it sounds, I hear the last one often during dinner conversations with friends. If any of the statements above sound like you, let me invite you to rethink your stance on senior fitness. There is abundant scientific evidence on the positive effects of exercising on senior health and wellness. These range from appearing younger and achieving longevity, to better mobility, improved brain function, and stronger relationships with others.

- **Exercising boosts your energy levels.** You’d think that working up a sweat would tire you out, but a steady workout routine actually recharges you with

energy. Gradually, your energy levels will improve and even your daily tasks will seem like no problem.

- **Increased blood flow helps you get better sleep.** It's during sleep that the body repairs and renews itself and exercise improves sleep quality. You will feel at full energy the day after a nice workout.
- **Exercise improves posture.** As you work on your fitness, your posture will improve. A better posture strengthens your core and back muscles and gives you a considerable boost in height and confidence.
- **Exercise also power ups your sex drive .** Better blood circulation in the body leads to more frequent and lasting arousal.
- **Exercising boosts your mood.** Endorphins released after a workout keep you smiling throughout the day while keeping anxiety at bay.

So please, take the time to think about your current physical condition.

- How is your energy level in a scale from 1 to 10 (1 being the lowest and 10 being the highest)?
- Do you feel ready to tackle the day when you wake up?
- Is your posture empowering you? Or is it debilitating you?
- How is your sex drive?
- Are you moody all the time? Or are you cheerful and excited for the future?

Jot down your answers and see if there's any room for improvement. If so, then I urge you to make the decision to get in shape once and for all.

And... if you're really committed, it may also be time to watch our diet. Like or not, we are what we eat. Neglecting a

proper diet is a recipe for disaster. Regular physical activity with a balanced food plan, in contrast, will do wonders for your mind, body, and general well-being .

Here are a few things great eating habits will do for you:

- **Eating healthy prevents obesity and all the ailments that can develop as a result:** heart disease, diabetes, sleep apnea, liver disease, arthritis, high blood pressure, gout, gallstones, and certain cancers.
- **Eating healthy gives you massive energy.** Great food fuels your mind with energy and, in turn, aids productivity.
- **Eating healthy will help you look younger!** Wrinkles won't go away but you will produce healthier skin cells and your face will glow with energy as a result.
- **Eating healthy increases your immune system** and lowers your chances of getting ill.
- **Eating healthy helps to fight low-grade inflammation** , such as joint stiffness, allergic reactions, and reduced skin-healing — common in the people 60 years old and above. Not having to inflammation will shave years off your body's performance and looks.

As you can see, the benefits are several. Therefore, it's important that we analyze our eating patterns. Please answer the following questions:

- How healthy is your current diet, in a scale from 1 to 10 (1 being the lowest and 10 being the highest)?
- According to your body and age, what is your ideal weight?
- Are you constantly bloated? Or do you feel light and with energy to get things done throughout the day?

- What foods should you stop eating?
- What food should you be eating more of?

I hope that by now you have a clearer idea of where you're standing health-wise. Next, we'll go over the resources you'll find in this book that will help you ease into a healthier life.

## *Stop Playing It by Ear*

As I type this, we're on the first week of 2019 and I imagine that all gyms around the world are probably as packed as they will be for the year. Unfortunately, many of us won't last more than a few weeks and these gyms will empty out as quickly as they filled up. You see, most fitness information available either online or on print is catered towards a younger population that doesn't know what chronic backpain feels like. Therefore, most senior citizens have to "play it by ear" when it comes to exercise routines and, consequently, end up with unreasonable expectations and improper planning. This leads to loss of motivation and certain desertion.

This is why I brought it upon myself to write *Senior Fitness*. With this book, I hope to provide to you with workouts for any level of physical fitness. You will be able to gauge your physical ability with a physical test, follow tailored workout routines, and customize these workouts to your needs. So, it doesn't matter if you haven't held a dumbbell in decades or if you're eating a Big Mac as you read this, you will find in this book something for you.

Is this going to be difficult? Yes.

Will this consume a considerable amount of your time? Yes.

Is your health worth it? Hell yes.

It's cliché to say but health is, without a doubt, a man's (or woman's) greatest asset. Trying to find motivation shouldn't be hard. But, if it is, then I've got a chapter on mindset and another on role models to follow in case you need them. Also, a book on fitness wouldn't be complete without section on foods and dieting. Please refer to it for assessing what you should be putting into your system.

Getting started is never easy but look on the bright side; if good things came easy, they wouldn't be that good anyways.

## *The perfect combination*

Alright, enough motivation. It's time to get to the nitty gritty. The workouts that we will be looking at will be made up of a combination between strength training and endurance training. Both kinds of exercise offer unique benefits to the one performing them. This is why the best routines usually involve a bit of both.

### **Strength Training**

Strength refers to the ability a muscle has to exert or resist force. We exercise muscle mass through the use of weights, resistance bands, and/or your own body weight. To do this, we isolate a particular muscle group and have it exert force in continuous repeated movements (repetitions a.k.a. reps). Groups of continuous repetitions are called series (or sets). To illustrate, 2 sets of 10 reps of bicep curls are made up of a total of 20 movements separated by a brief break after the first 10.

As we grow older, our muscles weaken, and our mobility is affected. In order to reverse this process, it's crucial that we engage in strength training. This is why The American College of Sports now recommends weight training for anyone over 50 (yes, even 90-year-old seniors!). As a matter of fact, a study on the effects of strength training was done in a nursing home with patients between the age of 87 and 96. It was found that after just 8 weeks of weightlifting, the patients were able to increase their muscle strength by nearly 180%. If there was ever a secret for reversing the aging process, this is it!

### **Endurance Training**

Endurance training is a type of exercise that improves cardiovascular activity. In other words, it's the joint effort of your heart, blood vessels, and lungs to deliver oxygen throughout your body for extended periods of time. Also referred to as aerobic exercises, endurance training may include activities such as: walking, jogging, swimming, and biking.

Many elderly fear the effects endurance training may have on their hearts, thinking that such activities could cause future

heart attacks. It's actually the opposite. The American Heart Association released a statement in 2014 promoting the prescription of cardio and endurance training for people who've suffered from heart attacks. As long as it's a reasonable amount (and your doctor allows it), going for a quick jog here and there will keep your heart healthy, improve walking ability and increase upper arm strength.

### **Combining both**

Your exercise routines should be a mix of both endurance (cardio) and strength (toning) to get the optimal results. It's recommended that you do endurance, or cardio, three times a week and strength training with weights twice a week.

*“If my mind can conceive it, and my heart can believe it  
then I can achieve it.”*

*– Muhammad Ali*

## **The Correct Mindset**

Mindset is the secret cog in the machine that’s so small most people take it for granted. Remove it, however, and the machine stops working. Going through the exercises and routines you will find in later chapters will be in vain if you haven’t developed the mindset necessary to play the long-term game. We want long-term. Skip this chapter and you’ve accepted to become part of the 95%+ of people who never pull through a New Year’s resolution.

You don’t have to meditate or regurgitate passages in this book to adopt the mindset necessary. All you need is to memorize the following 5 mantras for a healthy lifestyle. Follow these and exercising and eating right won’t feel like an uphill climb. Rather, it will become second nature to you. Without further ado, here they are:

1.

**Being active is not a chore, it’s a lifestyle.** Therefore, it’s best to *systematize* physical activity into your life. Seamlessly incorporate activities into your schedule that can count as exercise; take the stairs next time you’re in between floors instead of opting for the elevator, or simply replace your car for a bike when traveling shorter distances. These everyday activities add up in the bigger picture and help keep you fit. Make these changes into small challenges you have to overcome every day. Like always, start small and work your way up with it.

2.

**Set goals and keep track of your progress.** Bring out a pen and paper and do it the old



way if that's your style. Or, if you're part of the few that stays up to date with gadgets (I can't be bothered) you can download the latest fitness tracker app on your phone (your kids should know which is best). Remember, be practical and realistic with your goals. Analyze the logs of your fitness journey and constantly engage in self-auditing.

3.

**Remind yourself why you're striving for a more active lifestyle.** If your resolve is flagging, remind yourself why you started in the first place. Remember that breakthrough moment when you said, "Enough!". This will keep you on the right path. Also, if you ever feel down, want to quit or take an undeserved 'day off', just make some mental notes of the small victories you've had up to this point. They'll get you going again, promise.

4.

**Have fun, enjoy what you do, and do it with others.** Let's face it, in the long run, no one can put up with a routine they dread. Instead of dragging yourself to the gym every day, find an activity that you enjoy and do that. Embrace it and seek others who share your passion. Having others join in on your exercise routine can help create powerful bonds and make exercise something you look forward to every day. It's the secret ingredient for lasting habits.

5.

**Follow a schedule.** This is important for those that want to see tangible results (lifting a "x" number of lbs., running "x" miles in distance, etc.). It doesn't matter at what time you choose exercise, where, or when. What's important is that you control when you do it. You can only grow what you control. So, set a schedule and keep to it. This will turn exercise into a priority in your life, one that will be

hard to shake off when 'life' happens or when people or events try to keep you from it.

**Bonus mindset tip:** Seek inspiration. Watch inspiring YouTube videos, put up a picture of a celebrity you'd like to emulate, or repeat a mantra or saying that motivates you. 'Consuming' inspiration in any form keeps you motivated, positive, and goal-oriented as work towards a life of fitness.

*"Some people want it to happen, some wish it would happen,  
others make it happen."*

*– Michael Jordan*

*“Success isn’t always about greatness. It’s about consistency. Consistent hard work gains success. Greatness will come.”*

*– Dwayne “The Rock” Johnson*

## **How They Did It**

“Look boys, everyone’s got a head, billions of neurons, and a nervous system- it’s just that some put them to use and others don’t. You’re of the few that puts them to use”. I regurgitated this phrase to my kids until it became a hackneyed family saying. Though it started as a mere attempt at instigating higher grades, the phrase grew into becoming something I believed in.

As mentioned earlier, just a few years ago I was overweight, had high cholesterol, and complained all the time about my neck pain. I never thought that would change. After all, isn’t it natural for someone in their 60s to have bad health? Turns out it’s not. Looking into case studies of dozens of people, ranging from your average (old) Joe to Rock legends of the 80s, has taught me that health and wellness is more dependent on your diet and activity than it is on your age. This discovery led to taking responsibility for my health. I owe to my family to ‘walk the talk’- if there’s people out there who, at my age, have amazing health, strength and physical endurance, then by all means I can have the same .

In the section below, I will detail give mention to some relatable examples of people who, despite their age, have been able to turn their health around and take back their life.

- **John Fields** is 67 years old and from Cedar Rapids, Iowa. He had a job in sales and worked out on and off for most of his life. One day, John felt the need to get back into shape when the commercials between TV shows winded him out. He was 53 when he made the decision to lose weight, 10 pounds specifically, and get fit once and for all. His first month at the gym netted him a 4-pound loss so he decided to enroll for an additional 3 months in order to lose the

other 6. He doubled his workouts from 2 to 3 a week to 4 to 6 times a week, with each workout consisting of circuit weight training and Pilates or yoga. When he wasn't at the gym, John took long walks, hiked, and avoided elevators like the plague. Unsurprisingly, he soon reached his ideal weight. His new active lifestyle allowed for a reduced frequency in gym visits, now going there only once a week. Unfortunately, a bout with colon cancer forced him into surgery on November 16<sup>th</sup>, 2016. Because of his great physical state, by the 20<sup>th</sup>, just 4 days later, he was back at gym on a light walking routine. Within a month, he had made a nearly full recovery.

- **Chris Zaremba** is a 61-year-old fitness model and personal trainer (look him up!). Before his modeling career, he was an obese IT software salesman with a fondness for ale and junk food. At the age of 50, he went to see a doctor to get clearance for his pilot training. The doctor refused to grant him this clearance and cited his off the chart blood pressure, blood cholesterol, and blood sugar levels as the cause. Frustrated, Chris decided to cut off junk food and become more active. His wife Jenny encouraged him accompany her on brisk walks that later transitioned into full-blown cardio routines and 2 gym memberships. He lost about 50 pounds with cardio alone. On a trip to LA, poor weather conditions prevented Chris from flying back. This was, however, a blessing in disguise. In an effort to kill time, he headed to Gold's Gym where he met Rob Riches, the man who introduced him to the art of weight training. A friendship was formed that day and Chris continued to train with Rob online, even becoming an ambassador for Riches' True Fitness Nutrition. Chris eventually got to quit his job to become a full-time trainer for aspiring fitness models.

- **Dr. Jeffrey Life** is 79 years old. Jeffrey was a family practice physician, and at age 59 he felt tired, was overweight, and in declining health. The simple act of bending over to tie his shoelaces left him breathless. A magazine article about the winners of a Body-for-LIFE contest spurred him to get fit. Jeffrey took supplements, ate a low-glycemic and low-fat diet, and started a workout under a former Navy SEAL personal trainer. In less than a year, Jeffrey competed in the competition and won it as the 1998 Grand Champion. His new passion for fitness pushed him to resume the research he was conducting on the aging process over 15 years prior. His research on healthy aging medicine is paying off and now, at the age of 79, he feels stronger than ever and has made the gym part of his daily musts.
- **Clarke Holland** became the oldest competitor in the CrossFit Games at the age of 66. He has competed at the CrossFit Games Masters since 2011 and finished in the Top 10 about four times. Clarke semi-retired from law practice and today runs half-marathons. It all started when he joined a CrossFit gym at age 58 to develop upper body strength and improve his run-time. He was a competitive swimmer in his younger days but never tried lifting until he joined a gym. Although initial training was frustrating, Clarke managed a few push-ups but still couldn't do a pull-up. With continued training, he was able to join the Masters 60+ category in 2012 and continued to participate every year. Clarke believes that with proper training and guidance, seniors can transform their body and finally get rid of the stereotype that seniors are weak or frail. Today, he is a certified CrossFit Level 1 and 2 trainer.
- Lastly, we have **Charles Eugster** , aged 97 who passed away just recently. He took up competitive rowing at the ripe old age of 63 to shake off the effects of a sedentary lifestyle. Charles began body-

building at 87 simply because “he didn’t like what he saw in the mirror.” He won 40 gold medals competing at the World Masters Regatta for 20 years. He also broke world records in his age group in races ranging from 60 meters to 400 meters, and aside from his fitness routine of training and competing, Charles also kept working a day job. He is an advocate of working past the retirement age in order keep the mind sharp and the body useful. In his 90s, Charles became a TEDx speaker and a published author.

All of the above are examples of average people with average lives who decided their health would not be dictated by their age. They took charge of their lives and changed them as a result.

To drive the point home, the following section will show you stories of people, in a different way, you probably relate to more. These are celebrities. They’re people who we’ve looked up to growing up and have impacted our lives in one way or another. Sure, you may argue that celebs have the time, money, and resources to get fit and stay fit. Just remember that having money doesn’t make you fit, exercising diligently does. That’s where you can level yourself with these celebrities – through your disciplined action .

Without further ado, here’s a list of 10 celebs and what they do to reverse the aging process and stay rocking despite the years!

- **Bruce Springsteen, “The Boss”, is 69 years old and still tours and crowd-surfs at his concerts.** His health routine involves running 4-6 miles a day and alternating with strength training every other day. He follows a mostly vegetarian diet and has kept doing what he loves. However, the running and weight routines weren’t always part of the Boss’ lifestyle; back in the ‘80s, roadies would have to physically lift Springsteen off the stage because he would get exhausted after performances. The physical demands of his tours were too much for him, so his trainer

advised him to actually run and not just sing about it (*Born to Run*, anyone?). He redesigned his lifestyle and has kept to his running-and-weights combo since- for over 30 years now.

- **Training day is every day for 63-year old Denzel Washington.** He eats 6 to 7 small meals a day when he needs to power up or add bulk for a role. He has tried vegan diets but switched to vegetarian so he could keep protein and dairy in his meals. His protein sources include chicken, turkey, fish, beans, and nut-based butters. He also prefers low-glycemic index carbs like brown rice. Washington's cardio of choice is boxing. He does 10 rounds, five times a week. With boxing, you've the heart-pumping intensity of cardio coupled with muscle building and toning. Another secret the actor also follows is avoiding alcohol religiously. Clean living has clearly paid off for Washington whose body resembles that of a 30-year-old and still performs many of his stunts himself.
- **Best known as Captain Jean Luc Picard and Charles Xavier in the X-Men movies , Patrick Stewart** surprises people when they find that behind the suits and costumes, Patrick has a core of chiseled and well-defined abs, something uncharacteristic of someone his age. At 78, he does one-armed push-ups and, even though he isn't as built and as muscled as some of his younger peers, he definitely puts them to shame. Stewart doesn't follow a specific diet plan but eats in moderation and claims a weakness for his wife's sea-salt brownies. The actor does push-ups daily and gets his cardio workout from walking his dog every day.
- **No list would be complete without the Terminator. Arnold Schwarzenegger** is now 71 but retains his Mr. Universe physique with a daily bike ride to Gold's Gym in Venice Beach followed by a series of

strength training exercises. Heart surgery in the early part of 2018 sidelined Schwarzenegger for a while. After recovery, he slowly transitioned back into exercise first in his home gym and then at his favorite Gold's Gym. The actor-politician says there is no magic pill for recovery- only hard work. He's also shared that eating smaller meals throughout the day is better for keeping your weight steady and maintaining body mass.

- **The *rock & roll* lifestyle is all too common with musicians. The exact opposite could be said of Sting.** At 67, the singer has shown the benefits of yoga with his trim figure, not overly muscled but compact and strong. Sting combines the muscle toning and strengthening benefits of yoga with running. He's also an advocate of a macrobiotic diet. It sounds fancy and expensive, but at the core, a macrobiotic diet consists of eating more whole grains, vegetables, and fruits whilst limiting red-meat intake and avoiding processed foods.
- **Liam Neeson took the world by surprise with his role in the *Taken* franchise.** While filming *Taken* at the age of 55, he followed a simple routine of power-walking and lifting kettlebells to maintain his stamina. Now at 66, he continues his manageable routine to stay fit. He runs and walks 8 miles in Central Park every day and adds what he calls the "usual boring" sit-ups and push-ups. Neeson doesn't go with any particular diet but says that healthy portions and eating in moderation keep the weight steady.
- **Dennis Quaid is 64 years old.** He credits his youthful appearance to his consistency with his workouts and adaptability to the limitations of his age.. He shares an anecdote of being around 20 years old in the 80s and boxing at the Hollywood Y when he met an extremely fit and healthy man in his 50s.



Impressed with his stamina and health, Quaid asked for advice and was told to “take care of yourself in your 20s and 30s, the rest will take care of itself”. He followed through with the advice. Now, at 64, understanding that the running wasn’t doing his knees any favors, he switched to cycling and added yoga and lifting weights to his routine. Quaid also eats healthy and in moderation, pointing out that (in his case) counting calories and following extreme diets is unnecessary. The actor cautions against crash diets and advises seeking professional medical help before starting anything strenuous.

- **Former US Vice President Joe Biden is currently 75 years old.** He has kept himself limber and healthy through his consistent fitness routine. In his younger years, he played football and baseball. During his two terms as VP, he maintained his shape by cycling, running, and using the Senate gym. Biden was a strong advocate of exercise, often filming short videos during his tenure to promote the benefits of physical engagement.
- **Samuel L. Jackson is an avowed foodie.** He enjoys the good life, but he also enjoys staying healthy. To balance out his indulgence, he does Pilates three times a week alternating with strength and weight training. In his younger college years, Jackson had a drinking and drug abuse problem. He has, since then, gone into rehab and has been clean since 1992. The actor has recently adopted a healthier vegetarian diet. He’s also actively involved with a UK-based male cancer charity. Though not a cancer survivor, he agreed to be part of the campaign to bring more awareness to cancer prevention, treatment, and to encourage men to seek help.
- **Best known for his role as Rocky Balboa, Sylvester Stallone seems to defy aging with his sculpted muscles at age 72.** Legendary Rocky stays

fit by going to the gym 3 times a week where each session is around 90 minutes long and is spent with free weights and alternating cardio. As far as food intake, Stallone recommends 3 major meals coupled with 2 snacks throughout the day. The actor takes protein supplements and eats egg white omelets and oatmeal for breakfast. Stallone has admitted to having tried many diets before and has learned that the key to successful eating is to be consistent and go with what'll work for your body in the long run as peoples' bodies react differently to diets. The actor believes in drinking 8 to 10 glasses of water daily to stay hydrated and eating bananas to raise potassium levels in the body as well since potassium helps the body regulate blood pressure and build muscle.

- **Hall of Famer: Benjamin Franklin, one of the founding fathers of the USA is a fitness icon.** Don't let the image of a pudgy septuagenarian flying a kite in the rain fool you. Young Benjamin Franklin was tall—almost 6 feet—and muscular. He was a health fanatic who had a VERY practical and sound approach to diet and fitness. Regarding food intake, he suggests eating less if you need to lose weight, eating as you regularly do if you're in the right weight range, and eating more if you're underweight. His fitness routine consisted of walking, jumping, and swimming. He's the only founding father who was a member of the Swimming Hall of Fame. When advanced age began to restrict his movements, he lifted weights. His pragmatic approach to a healthy lifestyle paid off and he died at age 84, more than twice the life expectancy of 40 in the 1700s.

Thus, the secret to senior fitness is that there's no secret at all. Commitment, moderation, adaptability, and doing activities you love are what will determine your health into old age. This applies if you're an average Joe or world-famous celebrity.

*“Take the first step in faith. You don’t have to see the whole staircase. Just take the first step.”*

– Martin Luther King Jr.

## How fit are you?

I know you’re probably ready to dive in and get your workout done! I can feel the excitement. There’s one last thing we must do, however. Before launching ourselves into a physical activity, we need to gauge how we are physically so we can grow from there.

In the following section, you will find a fitness test that I urge you to take. We don’t want you getting harmed or pulling a muscle from overexertion. Likewise, it wouldn’t be fair that, if you already have an active lifestyle, to have you follow a program for the more sedentary.

There are many available tests that can evaluate the level of fitness you’re in, online and offline. If you’re more comfortable in the presence of a professional, or if you have a pre-existing condition, then don’t think twice making an appointment to your GP or family doctor. The fitness test illustrated below is based on the Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones of Fullerton University. It’s a simple test that should take but a few minutes. It’s advisable to have somebody with you during the test to help take measurements, jot down of results, and keep track of time. Perform these tests in the order they are provided .

**1. Chair Stand Test:** This test measures leg strength and endurance.

**Equipment:** a straight-back chair with a seat 17 inches high, no armrests; stopwatch

**Routine:**

- a) Stabilize the chair by placing it against a wall.
- b) Sit on the chair up to the middle part of the seat. Your feet should be flat on the floor and a shoulder’s width apart. Cross your arms at the wrist and place across the chest.
- c) Stand up and sit down completely. Repeat for 30 seconds. A complete chair stand is one standing and one seated position. If the last position was a standing one, it will count as a complete stand.

**Scoring & results:** Count the number of completed chair stands in 30 seconds and check results against the chart.

*Note: Measurements are in the number of repetitions. The arms may be used for stability in advanced age seniors.*

AGE	BELOW AVG	AVERAGE	ABOVE AVG
60-64	<14	14 to 19	> 19
65-69	<12	12 to 18	> 18
70-74	<12	12 to 17	> 17
75-79	< 11	11 to 17	> 17

80-84	< 10	10 to 15	> 15
84-89	< 8	8 to 14	> 14
90-94	< 7	7 to 12	> 12

**2. Arm Curl Test:** This test measures upper body strength and endurance.

**Equipment:** 8-pound dumbbell, a straight-back chair with no armrests; stopwatch

**Routine:**

- a) Sit on the chair with your feet flat on the floor and a hip's width apart. Your back should be flush against the backrest.
- b) Hold the dumbbell in an underhand grip, with the palm facing your thigh. Brace the upper arm so only the lower arm moves. The tester may hold the arm to keep the elbows from lifting or swinging.
- c) Raise your arm to start the curl. Make sure your palm faces you when you lift and returns to the starting position—facing your thigh—when you lower your arm. Repeat as many arm curls as you can in 30 seconds .

**Scoring & results:** Count the number of arm curls in 30 seconds and check results against the chart.

*Note: Measurements are in the number of repetitions. Do a few slow arm curls to practice good form and control, and as a warm-up.*

AGE	BELOW AVG	AVERAGE	ABOVE AVG
60 -64	<16	16 to 22	> 22
65-69	<15	15 to 21	> 21
70-74	<14	14 to 21	> 21
75-79	< 13	13 to 19	> 19
80-84	< 13	13 to 19	> 19
84-89	< 11	11 to 17	> 17
90-94	< 10	10 to 14	> 14

**3. Chair Sit & Reach:** This test measures lower body flexibility and is a variant of the traditional sit & reach fitness test.

**Equipment:** a ruler and a straight-back chair with a seat 17 inches high, no armrests

**Routine:**

- a) Stabilize the chair by placing it against a wall .

- b) Sit on the chair with your buttocks on the edge of the seat. Keep one foot flat on the floor and extend the other leg straight in front of you, with the heel resting on the floor. Place one hand on top of the other and bend forward at the waist. Keep the arms straight and reach towards your toes.
- c) Hold your stretch as far as you could manage without pain. Have the tester measure the distance between the tips of your fingers and the tips of your toes.
- d) The score is zero if the fingertips touch the toes. The score is negative if the fingertips don't reach the toes. Measure the gap between the fingertips and toes. The score is positive if the fingertips reach beyond the toes. Perform two tests.

**Scoring & results:** Record the score to the nearest ½ inch. Indicate whether the scores are positive or negative. Take note of which leg was measured and compare results against the chart.

*Note: Measurements are in inches. Don't perform this test if you've severe Osteoporosis.*

AGE	BELOW AVG	AVERAGE	ABOVE AVG
60-64	< -2.5	-2.5 to 4.0	> 4.0
65-69	< -3.0	-3.0 to 3.0	> 3.0
70-74	< -3.5	-3.5 to 2.5	> 2.5
75-79	< -4.0	-4.0 to 2.0	> 2.0
80-84	< -4.5	-4.5 to 1.5	> 1.5
84-89	< -5.0	-5.0 to 0.5	> 0.5
90-94	< -5.5	-5.5 to -0.5	> -0.5

**4. Back Scratch Test:** This test measures upper body flexibility particularly shoulder flexibility and range of motion.

**Equipment:** a ruler

**Routine:**

- a) Stand and place one hand behind your head bringing the hand down between your shoulder blades. Make sure that the palm faces your back. The other arm goes behind your back with your palm facing outward. Bring your hand up as far as it would go to reach your other hand. The tips of your middle fingers should touch or overlap.
- b) The tester can guide the arms to help your fingers align and meet. Let the tester measure the gap or overlap between the tips of your fingers.
- c) The score is zero if the fingertips touch. The score is negative if the fingertips don't touch. Measure the gap between the fingertips. The score is positive if the fingertips overlap. Do a trial test and test two times .

**Scoring & results:** Record the score to the nearest ½ inch. Indicate whether the scores are positive or negative. Take note of which arm was measured and compare results against the chart.

*Note: Measurements are in inches. Stop the test if you experience pain.*

AGE	BELOW AVG	AVERAGE	ABOVE AVG
60 -64	< -6.5	-6.5 to 0	> 0
65-69	< -7.5	-7.5 to -1.0	> -1.0
70-74	< -8.0	-8.0 to -1.0	> -1.0
75-79	< -9.0	-9.0 to -2.0	> -2.0
80-84	< -9.5	-9.5 to -2.0	> -2.0
84-89	< -10.0	-10.0 to -3.0	> -3.0
90-94	< -10.5	-10.5 to -4.0	> -4.0

**5.**

**8 Foot and Go:** This test measures agility, balance, and coordination when performing fast movements.

**Equipment:** a straight-back chair with a seat 17 inches high and no armrests, a stopwatch, measuring tape, and a traffic cone

**Routine :**

- a) Stabilize the chair by placing it against a wall. From the chair, measure a distance of 8 feet and place the cone to mark the stop.
- b) Sit on the chair with your hands resting on your knees. Have your tester signal you and time your walk. At your tester’s signal, stand up and walk—as fast as you could go without running—to and around the cone and return to your original seated position.
- c) The tester should stop the timer when you’re in your chair. It’s advisable to do a trial test and test two times.

**Scoring & results:** Use the best time of the two tests. Record the time to the nearest 1/10th second. Check and compare results against the chart.

*Note: Measurements are in seconds. Make sure to perform this test in an area clear of any obstacles to avoid accidents. If you walk with the aid of a cane/walker, use it during the test.*

AGE	BELOW AVG	AVERAGE	ABOVE AVG

60 -64	< 5.6	5.6 to 3.8	> 3.8
65-69	< 5.7	5.7 to 4.3	> 4.3
70-74	< 6.0	6.0 to 4.2	> 4.2
75-79	< 7.2	7.2 to 4.6	> 4.6
80-84	< 7.6	7.6 to 5.2	> 5.2
84-89	< 8.9	8.9 to 5.3	> 5.3
90-94	< 10.0	10.0 to 6.2	> 6.2

**6. 2-Minute Step Test:** This test measures aerobic endurance.

**Equipment:** tape for marking the wall, a stopwatch, and a wall

**Routine:**

- a) Stand next to a wall and have your tester measure and mark the halfway point between your kneecap and the top of your hip bone. Mark the midpoint with tape.
- b) March in place for 2 minutes and make sure your knees reach the tape mark with each step taken. Resting a hand on the wall is allowed if you've difficulty finding your balance.

**Scoring & results:** Count the number of times the right knee reaches the tape mark in two minutes. Check and compare results against the chart.

*Note: Measurements are in the number of steps.*

AGE	BELOW AVG	AVERAGE	ABOVE AVG
60 -64	< 75	75 to 107	> 107
65-69	< 73	73 to 107	> 107
70-74	< 68	86 to 101	> 101
75-79	< 68	68 to 100	> 100
80-84	< 60	60 to 91	> 91
84-89	< 55	55 to 85	> 85
90-94	< 44	44 to 72	> 72

Congratulations for finishing the test! If you found yourself in average or above average fitness, then good for you! If you are below average, then don't worry because we'll be changing that very soon.

The next step is to start a routine of cardio exercise for endurance and strength training to restore muscle mass. After a 2-week period, you are welcome to try the fitness test again to see if your results have improved. You can start at the beginner level of the exercise routines.

**BMI Test**

The following is an optional test to measure your body mass index. The body mass index or BMI is used to measure whether one is in their ideal weight range based on their height and weight. Age isn't a factor in this test. Get your height and weight measurements. Make sure to use metric system units, meters, and kilograms respectively. To calculate your BMI, take your weight measurement and divide it with your height squared .

Here's an example. A person who weighs 80 kilograms (176 lbs.) and is 1.85 meters tall (6.07 feet) has a body mass index of 22.87.

$$\text{BMI} = \text{weight in kilograms} / (\text{height in meters} \times \text{height in meters})$$

$$\text{BMI} = 80 \text{ kilograms} / (1.87 \text{ meters} \times 1.87 \text{ meters})$$

$$\text{BMI} = 80 / 3.4969$$

$$\text{BMI} = 22.87$$

Check your results against the BMI range. A BMI of less than 18.5 is considered underweight. BMIs from 18.5 to 24.9 places you in the normal weight range. A BMI result in the range of 25 to 29.9 classifies you as overweight. Last, a BMI of 30 or more is considered obese.

If you fell into the overweight or obese category, know that it's not something to get discouraged about. In fact, when starting off overweight, it's easier to see results early on and get momentum because of it. Whichever the case, it's advisable to seek a medical professional's opinion on the best meal plan for you to follow while proceeding with the workouts on the chapter ahead. As Jack LaLanne once said, "Exercise is king. Nutrition is queen. Put them together and you've got a kingdom".

Use the chart below to see your results. Fill in the values from your fitness test scores to compare with the results in each test category. The BMI test is optional. A word of caution, if any of the tests cause you discomfort or pain, stop immediately.

Fitness Test Results			
TEST	BELOW AVG	AVERAGE	ABOVE AVG
Chair Stand Test (in reps)			
Arm Curl Test (in reps)			
Chair Sit & Reach			



(in inches)			
Back Scratch Test (in inches)			
8 Foot and Go (in seconds)			
2-Minute Step Test (no. of steps)			
BMI and Weight			
Target BMI and Weight			

*“You’ve a choice. You can throw in the towel, or you can use it to wipe the sweat off your face and keep going.”*

*– Unknown*

## **The Exercise Glossary**

The following are exercises that will become the building blocks of your fitness regimen. The exercise routines will last anywhere from 30 seconds to two minutes each. Look over the pictures and read the descriptions to familiarize yourself with each routine. The actual routines will be presented in the following chapter. I

### ***WARM-UP AND STRETCHING EXERCISES***

#### **Upper Back Stretch**

*Note: This exercise may be performed seated on a chair or in a standing position.*

1. Sit on a straight back chair. Keep your back straight and your shoulders relaxed.
2. Raise your arms forward at shoulder height. Clasp your hands together and push forward. Your back and shoulders also push forward.
3. Hold the position for 16 counts and release.



## Chest Stretch

*Note: This exercise may be performed seated on a chair or in a standing position.*

1.

Sit on a straight back chair, making sure to leave some space behind you. Keep your back straight and your shoulders relaxed.

2.

Place both arms behind your back and clasp hands together.

3.

Pull your shoulders back and hold the position for 16 counts and release.



## Sit and Reach Stretch

*Note: If the move is too difficult for you, do the stretches one leg at a time.*

1.

Stabilize the chair by placing it against a wall. Sit on the chair with your buttocks on the edge of the seat. Extend both legs forward with your knees slightly bent. Your heels should be on the floor and your toes pointing upwards.

2.

Extend both arms in front and slowly bend forward at the waist. Keep the arms straight and reach towards your toes.

3.

Hold the position for 16 counts then return to resting position.



## Neck Stretch

1.

Sit on a straight back chair. Keep your back straight and your shoulders relaxed.

2.

Tilt your head to the right and extend your left arm to the side while using your right hand to guide your head.

3.

Hold the position for 10 counts and release and do the left side. Repeat the stretch twice for each side.



## Inner Thigh Stretch

1.

Stand with a wide stance with your toes pointing out at a 45° angle.

2.

Slowly lean to your right and rest both hands on the middle part of your thigh. Bend your right knee and keeping the other left leg extended. Make sure not to let your bent knee go over your toes.

3.

Hold the position for 16 counts and return to the wide stance position and repeat on the left side.



## Shoulder Circles

*Note: This exercise may be performed seated on a chair or in a standing position.*

1.

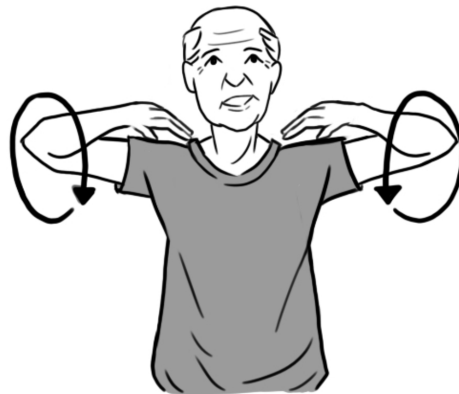
Sit on a straight back chair. Keep your back straight and your shoulders relaxed.

2.

Raise your arms to shoulder level and rest your fingertips on your shoulders.

3.

Rotate your shoulders clockwise for 16 counts, then rotate counterclockwise for another 16 counts.





## Hand Stretches

*Note: This exercise may be performed seated on a chair or in a standing position.*

1.

Sit on a straight back chair. Keep your back straight and your shoulders relaxed.

2.

Raise your right arm in front of you stretch your palm up. Use your left hand to gently pull the fingers back.

3.

Hold the position for 20 seconds and repeat on the other hand.



## ***BALANCE EXERCISES***

### **Flamingo Stand**

1.

Raise the right leg and bend at the knee. Your supporting leg should be slightly bent at the knee as well to not put a strain on the knee.

2.

Hold the position for 16 counts. Return to standing position and repeat with the left leg.



## Single Limb Stance with Arm

1.

Stand next to a wall or a chair if you need support. Keep your feet together with your arms relaxed at your side.

2.

Raise your right arm with the fingers pointing up. Lift your right leg to about 10 to 12 inches off the floor and extend with the toes pointing forward.

3.

Hold the position for 16 counts. Return to standing position and repeat on the other arm and leg.



## **Toe the line**

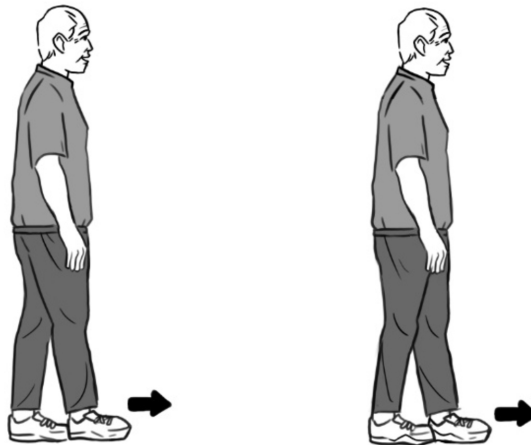
*Note: make sure to do this move in an area clear of obstacles*

1.

Stand with arms relaxed at sides.

2.

Walk by placing one foot forward with the heel as close to the other foot's toes as possible. Repeat the move for 15-20 steps.



## Side Leg Raises

1.

Stand with the back of a chair in front of you and hold onto the chair for support with both hands.

2.

Lift your right leg out to the side as high, usually up to knee height, as you comfortably can. Keep your movements controlled when you lift and bring your leg down.

3.

Repeat the move 10 times for each leg.



## **Clock Reach**

1.

Stand with the back of a chair in front of you and hold onto the chair for support with your left hand.

2.

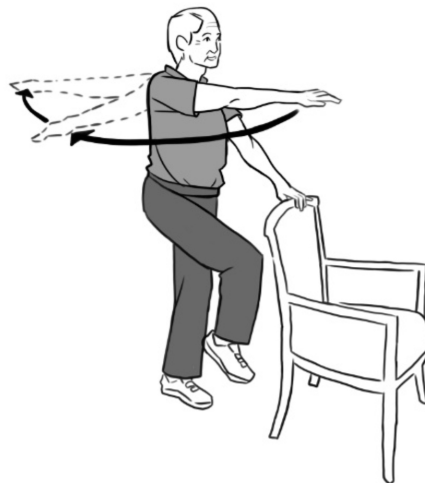
Orient yourself like a clock - 12 o'clock in front, 6 o'clock behind you. Stand on your left leg.

3.

Use your right hand to reach forward to 12 o'clock, then 3 o'clock to your right, and then 6 o'clock towards the back.

4.

Keep the movements controlled and repeat with the left arm. Reach forward to 12 o'clock, then 9 o'clock to your left, and then 6 o'clock towards the back.



## ***CHAIR EXERCISES***

### **Front Arm Raises**

*Note: Can also be done in a standing position.*

1. Sit on a straight back chair. Keep your back straight and your shoulders relaxed. Keep your feet flat on the floor hip-width apart, and the knees bent at a 90° angle. Hold a medicine ball in your hands (about 2 to 5 pounds in weight).
2. Raise your arms till the ball is at chest level. Inhale as you raise the ball and release your breath as you lower the ball back to your lap. Keep the movement controlled. Perform the move 10-15 times.



## Seated Shin Strengtheners

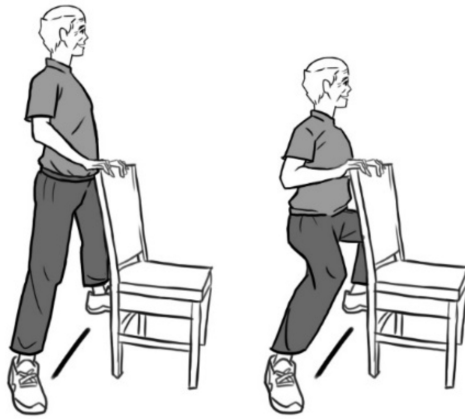
1. Sit on a straight back chair. Keep your shoulders relaxed and your back straight. Extend your legs forward with the knees slightly bent. Rest your heels on the floor and your toes pointing upwards.
2. Flex your foot by making upward and downward movements. Avoid lifting your heels off the floor.
3. Repeat the movements for 16 counts, rest for 5 seconds, then do another 16 counts.





## Pliés

1. Stand with the back of a chair in front with a wide stance and your toes pointing out at a 45° angle. Hold on to the back of the chair with both hands for support.
2. Lower yourself into a plié squat by bending your knees. Ensure that your knees don't go over your toes. Adjust your stance if necessary.
3. Do 8 plié squats keeping the movements controlled, rest for 10 seconds and perform another 8 plié squats.



## Tummy Twists

1.

Sit on a straight back chair. Keep your back straight and your shoulders relaxed. Keep your feet flat on the floor hip-width apart, and the knees bent at a 90° angle.

2.

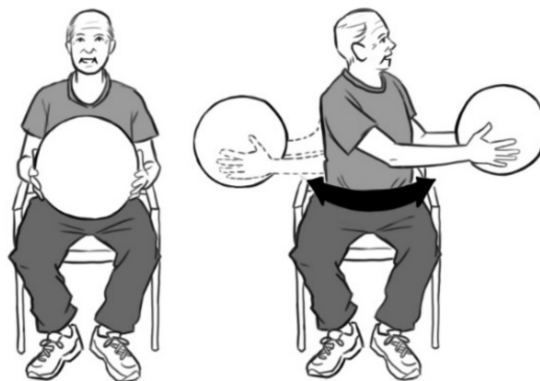
Hold a medicine ball in your hands (about 2 to 5 pounds in weight) close to your stomach and with your elbows flared at your sides.

3.

Twist your torso to your right side as much as you comfortably can, making sure to keep your lower body steady. Return to face the center and twist to your left.

4.

Keep your movements controlled inhaling while you twist, and exhaling when you return to face the center. Do 8 twists for each side.



## ***CORE EXERCISES FOR SENIORS***

### **Leg Lifts**

1.

Use a yoga mat and lie on your back with one leg flat against the ground and the other bent at the knee.

2.

Contract your abdominal muscles as you lift one leg, about 5 inches, off the floor. Hold the position for 3 seconds and repeat the move on the other leg. Keep your movements controlled inhaling while you lift your leg, and exhaling while you hold your leg in position. Do 5 lifts for each leg



## Bicycle

1.

Use a yoga mat and lie on your back with your knees bent and feet firmly on the floor. Cross your hands behind your head.

2.

Contract your abdominal muscles as you bring your left knee to your chest while twisting your upper body so your right elbow touches or comes close to your left knee. Hold the position for 3 seconds then slowly return to starting position. Repeat the move on the other side.

3.

Keep your movements controlled and your abdominal muscles engaged as you bicycle for 30 seconds. Rest for a minute to recover then bicycle for another 30 seconds.



## Seated Twists

1.

Sit on an exercise ball, or alternatively a bench. Keep your feet flat on the ground hip-width apart. Cross your arms at the wrist and place across the chest.

2.

Lean as far back as you can manage without losing balance. Return to starting upright position and turn your torso to the left. Lean back again, sit up, and turn to the right.

3.

Keep your movements controlled and your abdominal muscles engaged. Do two sets of 15 repetitions.



## Side Bends

1.

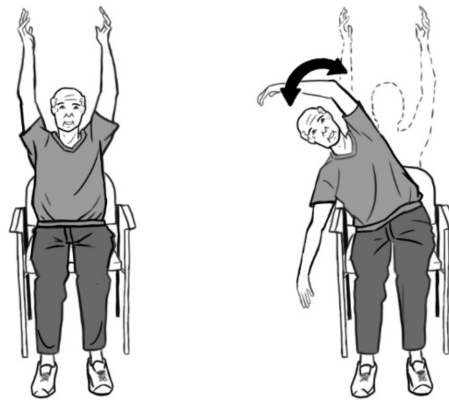
Sit on a straight back chair. Keep your back straight and your shoulders relaxed. Keep your feet flat on the ground hip-width apart.

2.

Raise both arms up over your head. Curve your left arm over your head to your right side and lower your right arm stretched out to the side. Lean to the right while contracting your abdominal muscles. Making sure to keep your upper body from leaning forward. Return to the starting position.

3.

Keep your movements controlled. Repeat the move 5 times then switch arms and sides.



## Seated Knee Lifts

1.

Sit on a straight back chair. Keep your back straight and your feet flat on the ground hip-width apart.

2.

Stabilize your body by holding on to either side of the seat. Contract your abdominal muscles as you slowly raise both knees. Hold for 3 seconds and slowly lower legs to the floor.

3.

If the move is too difficult to manage, you can do it one knee at a time. Do 15 repetitions in one set. and perform two sets.



## **Modified Burpees**

1.

Place a chair against a wall. Stand in front of the chair with your feet hip-width apart.

Depending on the intensity of the burpee that you can perform, you may start with the back of the chair so your plank won't be too low. Work your way to a higher intensity with a plank position from the chair seat.

2.

Bend your knees to a half-squat and place both hands on the chair seat. Extend arms and press palms down.

3.

Step back with one foot, then do the same with the other foot so your body forms a straight line from your head to your heels in a modified plank position.

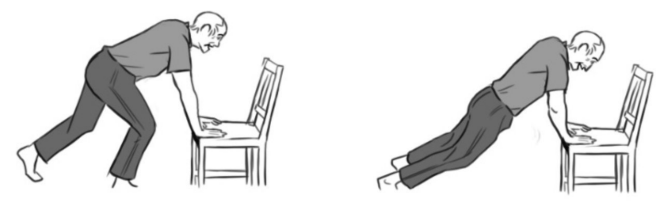
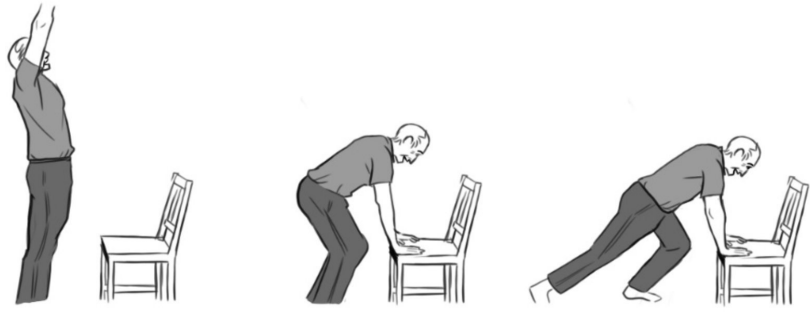
4.

Step forward with one foot followed by the other to return to your original position. Slowly stand from your half-squat raising your both arms above your head. You will be back at your starting position.

5.

Steps 4 and 5 count as one modified burpee. Perform 2 sets of 8 to 10 reps.





## ***CARDIO AND LOW-IMPACT EXERCISES***

### **Speed & Agility Drill**

1.

Lay an agility ladder on the floor. If you don't have one, you can measure and mark out with tape 18x18-inch squares on an area free of obstacles. Create 8-10 squares in a straight line and you have yourself a home-made agility ladder.

2.

Walk down the ladder by stepping into a square using your right foot and bringing your left foot into the same square.

3.

Continue moving down the ladder until you reach the last square. Turn and repeat 2 times.

Note: Start slow to avoid falls, and build up your speed.

- Variation: step and stand on one foot to the right side of the first square, and step both feet inside the square.
- Continue moving down the ladder by alternating the use of your feet and stepping to the left side of the next square.

Step out — Step in — Step out — Step in

- Continue moving down the ladder until you reach the last square. Turn and repeat 2 times.



## Forward Step-Ups

1.

Stand at the bottom of the stairs. You may hold on to the railing for stability.

2.

Step up a stairstep with your right foot and bring your left foot to the same stairstep. Step down with your right and follow with your left.

Right up — Left up — Right down — Left down

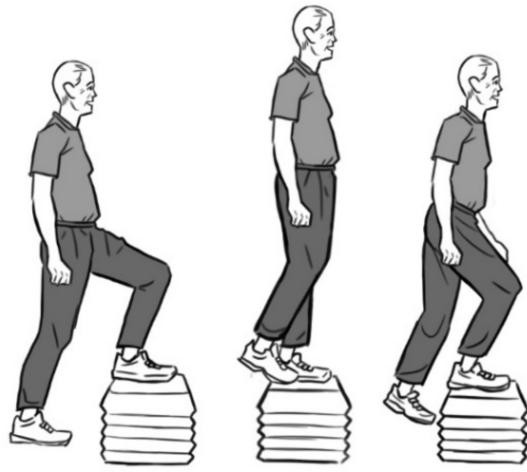
3.

Repeat the move 15 times then switch to the other foot.

Left up — Right up — Left down — Right down

Note: Keep your movements controlled. As you land, keep your step soft to avoid jarring your knees.

- Variation - Lateral Step-ups: Stand at the bottom of the steps but face the railing. Your right foot must be parallel to the first step.
- Climb to the first step with your right foot and then do the same with your left foot. Step off with your left foot while keeping your right foot in place. Pause and repeat. Your right foot always stays on the first step. Repeat the move 15 times.
- Turn to face the other side and step up the bottom stairstep with your left foot. then bring your right foot up on the same step. Step off with your right foot, pause, then step up to the bottom step again. Your left foot stays on the bottom step. Repeat the move 15 times



## **Water Aerobics**

Swimming is a total body workout. It doesn't put any stress on your joints. Aside from strengthening your muscles, it also keeps your lungs healthy. Swimming can be part of your cardio exercise routine twice a week. 30 minutes is ideal to get a good workout. If you don't know how to swim, a water aerobics class can be an alternative since the routines are done in shallow water.

The routines are usually 20-30 minutes long and there is no equipment necessary. Local community centers usually hold senior water aerobics classes. It might be a good idea to check the ones near you.



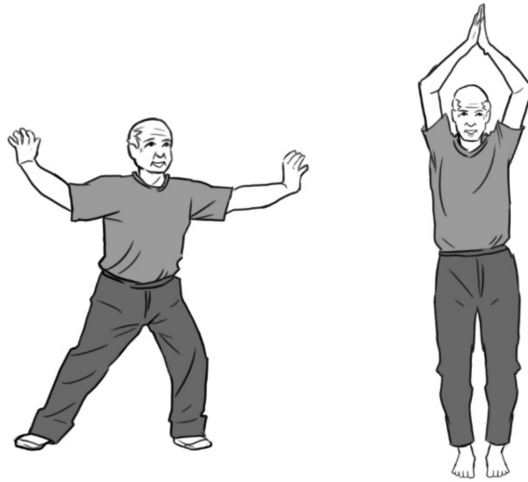
## **Biking and Cycling Indoors**

Riding your bike in the outdoors is a good way to get the blood pumping with very little stress on your joints. Biking is an alternative to running. You can ride your bike for 30 minutes, two to three times a week. When going for a bike ride, keep in mind to wear protective gear such as a helmet and wear sunblock with an SPF of at least 30 if you'll be out in the sun. An alternative to bikes would be an elliptical or stationary bike. 20-30 minutes on a stationary bike will be adequate to give you a good cardio workout. As your strength and endurance improve, you can also increase the time spent doing exercise. In the case of stationary bikes and elliptical trainers, adjust the resistance levels to increase the level of difficulty.



## Tai-Chi or Yoga

Tai-Chi and yoga focuses on slow movements or holding a pose and breathing techniques. Doing Tai-Chi or yoga helps you in three ways. Firstly, it improves your flexibility, keeping your muscles limber. Next, it gives you strength by allowing you to hold poses as they increase in difficulty. Lastly, it helps you refine and regain your balance with its slow, controlled, and repetitive movements. Tai-Chi and yoga can be done twice a day, weekly in 15 to 30-minute sessions.





## **Walking**

The easiest form of cardio exercise is walking. It requires no training or any special equipment. Walking for 30 minutes a day daily is adequate for cardio exercise. Wear comfortable and supporting shoes to avoid leg and joint injury. Before going for a walk, always ensure that you've warmed up first. Remember to bring water with you to stay hydrated. Apply sunblock with an SPF of at least 30 when taking your walk outdoors. Take 3 to 5 minutes to warm up by doing lunges, calf stretches, and marching in place. If 30 minutes seem too much for you, you can split your walk into two 15-minute workouts spread throughout the day.

Here's a simple walking workout routine you can do at home or outside.

### **Warm-up for 4 minutes.**

1.

Start marching in place for 60 seconds.

2.

Pump your arms up as you march, keeping in pace with your steps.

3.

Step your right foot forward to a lunge position and rest your hands on the middle part of your right thigh. Lunge forward taking care not to let your knee go over your toes.

4.

You should feel a bit of a stretch on your left calf. Hold the position for 16 counts. Switch positions and repeat step number 3 with your left leg.

5.

March in place for 30 seconds. Pump your arms up and to the front while doing this.

6.

Step your right foot behind and rest your hands on your hands on your right knee. Slowly bend from the waist pushing your buttocks backward and up.

7.

You should feel a bit of a stretch on the back of your left thigh muscles. Hold the position for 16 counts. Switch positions and repeat step number 6 with your left leg.

8.

March in place for 60 seconds.

### **Walking Workout**

1.

Start walking and pump your arms to match the pace of your walk. Increase your pace to brisk after 10 minutes. Remember to breathe, inhale and blow the air out as you walk.

2.

To add resistance, you may hold dumbbells (2 to 4 pounds in weight) in each hand. If you don't have dumbbells, fill 2 small plastic drinking bottles with water and use it.

3.

Vary your steps.

- You may do a crab walk or lateral sidesteps. Walking sideways is good for your hip muscles as well as your inner and outer thighs. You stop and take side steps, bringing your feet together and stepping out to the side, together, out, together. Repeat for 60 seconds then return to marching in place or walking forward.
- Another variation is the kicks. Alternately kick your feet to the front. It doesn't have to be high as

long as you raise your feet 5 or more inches off the ground. Do this for 60 seconds then return to marching in place or walking forward.

- A third variation is the kick-back. Stand with your feet hip-width apart. Place your hands on your waist and step your right foot behind you and tap your toe on the ground. Return your foot to resting position and use the other foot to step back and tap. Do this for 60 seconds then return to marching in place or walking forward.

4.

After every step variation, start walking again. Begin with marching in place then walk forward and increase your pace after 5 minutes. Match your pace with your arm pumping movements.

### **Cool down for 4 minutes.**

1.

Slow down from your walk and take small marching steps until your heart rate slows down and you begin to recover.

2.

Start marching in place for 60 seconds. Transition to small side steps for 30 seconds.

3.

Step your right foot forward to a lunge position and rest your hands on the middle part of your right thigh. Lunge forward taking care to not let your knee go over your toes.

4.

You should feel a bit of a stretch on your left calf. Hold the position for 16 counts. Switch positions and repeat step number 3 with your left leg.

5.

March in place for 30 seconds. Transition to low kicks.

6.

Step your right foot behind and rest your hands on your right knee. Slowly bend from the waist pushing your buttocks backward and up.

7.

You should feel a bit of a stretch on the back of your left thigh muscles. Hold the position for 16 counts. Switch positions and repeat step number 6 with your left leg.

8.

March in place for 60 seconds. Stand with a wide stance and spread your arms upwards to stretch. Sweep your arms down to the side and raise them up again. Repeat this move for 8 counts.



## ***STRENGTH EXERCISE S***

### **Partial Squats & Wall-Sit**

1.

Stand with your feet hip-width apart behind of a straight back chair for support.

2.

Hold to the chair's backrest for support. Extend your arms and begin to squat down making sure not to let your knees go over your toes. Slowly rise to return to standing position.

3.

Do 10 partial squats. Keep your movements controlled and engage your abdominal muscles.

- A variation to this move is the Wall-Sit

1.

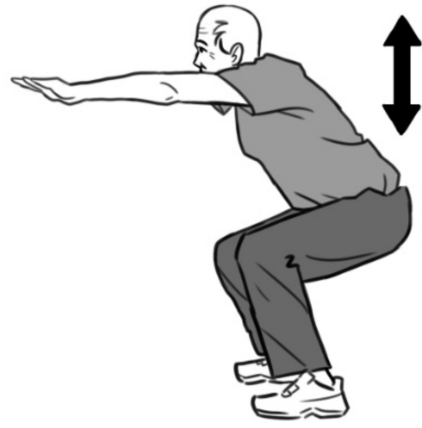
Stand with your back to a wall, feet shoulder-width apart.

2.

Slowly slide your back against the wall to a sitting position with your knees bent at a 90° angle. Extend your arms forward or you may place your arms down against the wall for support.

3.

Hold the position for 20 seconds. Building up in 10-second increments as your core and quadriceps grow stronger.



## Wrist Curls

1.

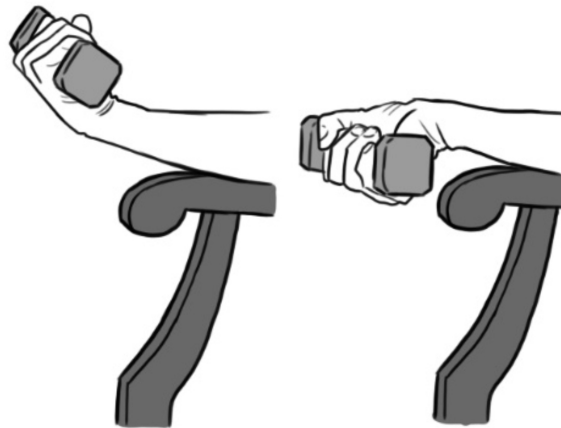
Sit on a chair with armrests. Place your forearm on the armrest with your wrist hanging over the edge.

2.

Hold a 2-pound weight in your hand with your palm facing upward.

3.

Bend wrist up and down Keeping your movements controlled. Perform 10 reps then switch hands. Repeat another set of 10 reps for each hand.



## Bicep Curls

*Note: This exercise can also be done standing up.*

1.

Sit on the chair with your feet flat on the floor and shoulder-width apart. Hold an 8-pound dumbbell in an underhand grip in each hand with the palm facing up and resting on your thighs. Keep your elbows tucked to your sides.

2.

Raise your arms to start the curl. Make sure to keep the elbows from lifting and swinging.

3.

Keep your curls controlled. Do 10 to 12 reps.





## Dumbbell Upright Row

1.

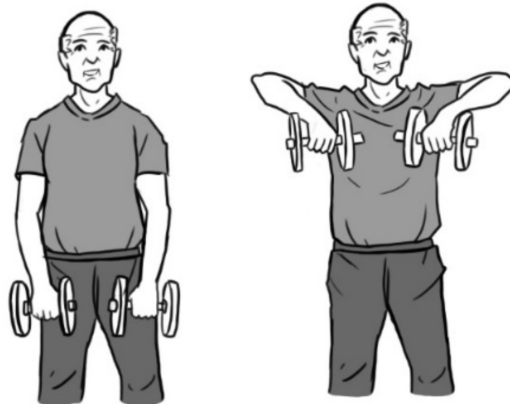
Stand with your feet shoulder-width apart, and knees slightly bent. Hold an 8-pound dumbbell in an underhand grip in each hand with the palm facing your body. Keep your shoulders and elbows relaxed.

2.

Lift both dumbbells to shoulder level, flaring your elbows to your sides and parallel to the floor. The dumbbells should be just under your chin.

3.

Exhale as you lift and inhale as you bring the dumbbells down and always keep your core engaged. Keep your lifts controlled and your shoulders steady. Do 10 reps.



## Knee Extensions

1.

Sit on a straight back chair. Keep your back straight and your shoulders relaxed. Keep your feet flat on the ground hip-width apart.

2.

Slowly raise and extend your right leg forward. Flex and hold your thigh muscles for a few seconds before lowering to starting position. Do 10 reps then switch to the other leg.

3.

Keep your movements controlled and your core engaged as you extend and lower your legs.

4.

You may use resistance bands to further strengthen your legs. Tie one end of the resistance band to one leg of the chair. Tie a loop knot to the other end and put your foot through the loop. Proceed with the exercise move with steps 2 and 3.



## Modified Plank

1.

Place a chair, bench or box against a wall. Stand in front of the chair with your feet hip-width apart.

Depending on your strength, you can change the elevation at which you will be holding on the chair or box.

2.

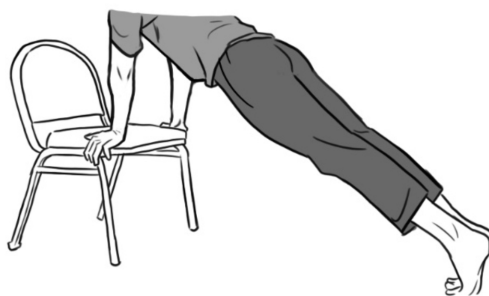
Bend your knees to a half-squat and place both hands on the chair seat. Extend arms and press palms down. Alternatively, you can rest your elbows on the chair's seat.

3.

Step one foot behind you followed by the other foot so your body forms a straight line from your head to your heels in a modified plank position.

4.

Hold the position while engaging your core for 20 to 60 seconds. Step forward with one foot followed by the other to return to your original position. Perform 3 times.



## Modified Push-ups

- Incline Push-Ups

1.

Place your arms on a bench or table and extend your legs straight behind you in a modified plank position. Your hands should be slightly wider than shoulder-width apart.

2.

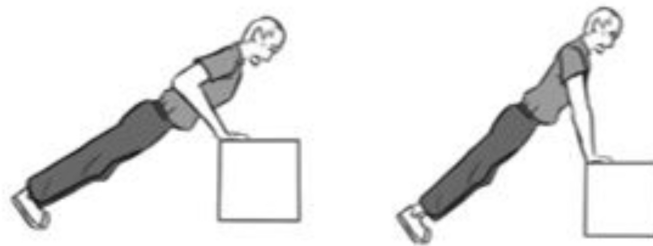
Keep your body in a straight line with your elbows close to your body. Inhale as you lower your upper body in a slow, controlled movement.

3.

Exhale as you slowly push yourself back extending your arms until it's straight.

4.

Do 15 to 20 push-ups. Rest, then repeat for another 10 to 15 times.



- Wall Push-Ups

1.

Stand to face a wall an arm's length and a half away with your feet shoulder-width apart.

2.

Lean your body forward and place your palms flat against the wall at shoulder height and shoulder-width apart.

3.

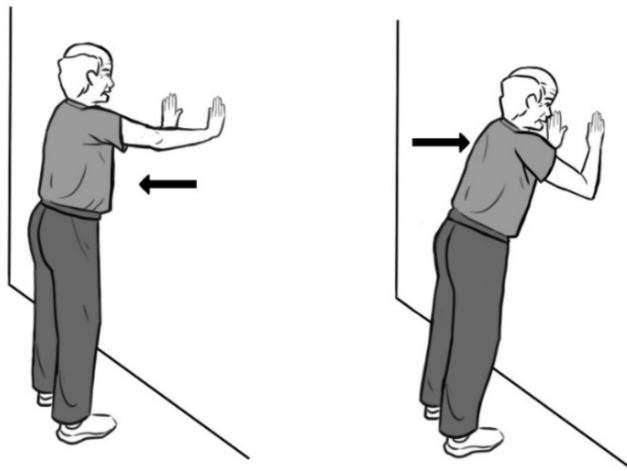
Inhale as you lower your upper body toward the wall in a slow, controlled movement. Keep your feet flat on the floor.

4.

Exhale as you slowly push yourself back extending your arms until it's straight. Repeat 10 to 15 times.

5.

Rest, then repeat 10-15 more times.



*“Motivation is what gets you started.*

*Habit’s what keeps you going.”*

*– Jim Ryan*

## **The Workout Routine**

In this section, the exercise moves laid out in the previous chapter will be put together for a routine that will be suited to your fitness level. Determine your fitness level and take the fitness test in Chapter 4. Doctors recommend having at least 150 minutes of physical activity a week. Spread out over the week, that’s 30 minutes of activity for five days. Workouts are great but you’ll have to give your body time to adjust and recover. Two days of rest and recovery can be inserted midweek or during weekends. From 150 minutes, you’ll build up to 225 minutes, and eventually 300 or more minutes a week. These routines aren’t set in stone. As you progress and learn, and get used to the exertion, you’ll have the confidence and the personal knowledge to mix and match exercise moves you feel would best suit your body’s strength and endurance levels.

The chart below shows the length of time an exercise routine should be based on one’s fitness level.

Exercise levels to build up from if you’re a/n...		
Beginner	150 minutes a week	30 minutes a day for 5 days
Intermediate	225 minutes a week	45 minutes a day for 5 days
Expert	300 minutes a week	60 minutes a day for 5 days

The plan is to do each level consistently for four weeks until you’ve increased your stamina and endurance, and could do more reps, more sets for longer periods. Before starting on any fitness routine, make sure that you’ve assessed your health and fitness functionality with the tests in Chapter 4. If you fall within the below average range, you’ll start at the beginner level with a focus on 70% cardio to improve your stamina and 30% strength training. If you’ve an intermediate level result, the ratio is 60% cardio and 40% strength training. For those with results in the expert level, it’ll be equal parts cardio and strength training. The routines outlined here are also adaptable to where you’re most comfortable doing your exercises. A fifth of the exercises could be done outdoors - walking, cycling, and swimming. The rest can be done at home or at the gym. The exercise equipment needed is also minimal or easily adaptable with items readily found at home .

As mentioned in the results interpretation of Chapter 4, work needs to be done to develop mobility and stamina if your fitness test shows below average results.

Perform 15 minutes of stretching exercises to improve mobility and 15 minutes of simple cardio workouts.

Here's a sample stretching, strengthening, and cardio routine.

***3 minutes of warm-up stretches***

- Perform 2 times, Upper Back Stretch
- Perform 2 times, Chest Stretch
- Perform once on either side of the neck, Neck Stretch
- Perform 2 times, Sit and Reach Stretch
- Perform once for each leg, Inner Thigh Stretch
- Do 1 set of 16 reps, Shoulder Circles
- Do 1 set Hand Stretches

***8 minutes of muscle strengthening & balance exercise***

## **DAY 1**

- 2 sets of 10 reps for each leg, Side Leg Raise
- 2 sets of 16 reps, Seated Shin Strengtheners
- 2 sets of 8 reps, Pliés
- 2 sets of 10 to 15 reps, Front Arm Raise
- 2 sets of 5 reps for each side, Side Bends
- 2 sets of 8 reps, Tummy Twists
- 2 sets of 10 reps for each leg, Knee Extensions
- 2 sets of 10 reps for each hand, Wrist Curls
- 4 sets of 15-20 steps, Toe the Line
- 2 sets of 10-second Flamingo Stands for each leg
- Perform 3 Clock Reaches for each side

## **DAY 2**

- 2 sets of 10-second Flamingo Stands for each leg
- 2 sets of 10 reps, Side Leg Raise
- 2 sets of 10 to 15 reps, Front Arm Raises
- 2 sets of 5 reps for each side, Side Bends
- 2 sets of 8 reps, Tummy Twists
- 2 sets of 10 reps for each hand, Wrist Curls
- 2 sets of 10 to 12 reps, Bicep Curls
- 2 sets of 16 reps, Seated Shin Strengtheners
- 2 sets of 8 reps, Pliés
- 2 sets of 10 to 15 reps, Wall Push-Ups
- 2 sets of 10 reps for each leg, Knee Extensions

## **DAY 3**

- 2 sets of 5 reps for each leg, Leg Lifts
- 2 sets of 15 reps, Seated Knee Lifts
- 2 sets of 10 reps, Knee Extensions



- 2 sets of 10 to 15 reps, Front Arm Raises
- 2 sets of 10 reps for each hand, Wrist Curls
- 2 sets of 10 to 12 reps, Bicep Curls
- 2 sets of 16-second Single Limb Stance with Arm for each leg
- Perform 3 Clock Reaches for each side
- 2 sets of 8 to 10 reps, Modified Burpees
- 2 sets of 5 reps for each side, Side Bends
- 2 sets of 15 reps, Seated Twists

#### **DAY 4**

- 2 sets of 5 reps for each leg, Leg Lifts
- Perform Bicycles for 30 seconds, rest, then go another 30 seconds
- 4 sets of 15-20 steps, Toe the Line
- Do 2 turns on the Speed & Agility Drill ladder
- 2 sets of 10 reps for each hand, Wrist Curls
- 1 set of 10 reps, Dumbbell Upright Row
- 2 sets of 10 to 15 reps, Wall Push-Ups
- Perform 3 Clock Reaches for each side
- 2 sets of 8 to 10 reps, Modified Burpees
- 2 sets of 8 reps, Pliés
- 2 sets of 16 reps, Seated Shin Strengtheners

#### **DAY 5**

- 2 sets of 10-second Flamingo Stands for each leg
- 2 sets of 16-second for each leg, Single Limb Stance with Arm
- 2 sets of 16 reps, Seated Shin Strengtheners
- 2 sets of 10 reps for each leg, Side Leg Raises
- 2 sets of 8 reps, Pliés

- 2 sets of 5 reps for each side, Side Bends
- 2 sets of 8 reps, Tummy Twists
- 2 sets of 15 reps, Seated Twists
- 1 set of 10 reps, Dumbbell Upright Row
- 2 sets of 10 to 15 reps, Wall Push-Ups
- 2 sets of 8 to 10 reps, Modified Burpees

***15 minutes of cardio exercises***

- 5 minutes marching in place
- 10 minutes of brisk walking

## **ALTERNATE CARDIO A**

- a 15-minute bike ride or

## **ALTERNATE CARDIO B**

- 5 minutes easy resistance on a stationary or elliptical bike
- 10 minutes medium resistance on a stationary or elliptical bike

### ***2 minutes of cool down stretches***

- Perform 2 times, Upper Back Stretch
- Perform 2 times, Chest Stretch
- Perform the cool down routine below:

1.

March in place for 30 seconds.

2.

Step your right foot forward to a lunge position and rest your hands on the middle part of your right thigh. Lunge forward taking care not to let your knee go over your toes.

3.

You should feel a bit of a stretch on your left calf. Hold the position for 16 counts. Switch positions and repeat step number 2 with your left leg.

4.

Step your right foot behind and rest your hands on your right knee. Slowly bend from the waist pushing your buttocks backward and up.

5.

You should feel a bit of a stretch on the back of your left thigh muscles. Hold the position for

16 counts. Switch positions and repeat step number 4 with your left leg.

6.

March in place for 60 seconds. Stand with a wide stance and spread your arms upwards to stretch. Sweep your arms down to the side and raise them up again. Repeat this move for 8 counts.

Refer to the movements and instructions in Chapter 4. The routine above is a sample for those with beginner level fitness, who scored below average fitness test results. This routine should be done for two weeks to get the body and muscles limber before attempting the fitness test again. Always remember to do warm-up exercises before doing more strenuous movements. Cool downs are also important to help your body recover from the exertion of the physical activity it just experienced. Always have water on hand when exercising. Keep hydrated throughout by drinking before you start and especially after you're done with your routine.

Remember to pace yourself before progressing to the next fitness level. You're not in a competition with anybody but yourself. The goal is to achieve your desired fitness goal and this is a marathon, not a race. People respond differently to exercise. Your results are uniquely yours. Don't compare your pace and progress with that of others. People's bodies respond differently based on current health conditions and previous exercise experience. The important thing is to keep going. All the regular Joes and celebrity examples mentioned as examples in Chapters 2 and 3 have two things they all have in common - consistency and determination.

Vary the routines using any combination of moves that you'd like to do. Remember the proportion of cardio to strength training exercises: 70% and 30% for beginner level, 60% and 40% for intermediate level, and 50% and 50% for expert level. The moves in the Exercise Glossary in Chapter 4 are for 1 set only. Start with 2 sets and increase the number of sets and repetitions when you've gained strength and confidence in executing the moves. Warm-up and cooldown routine don't

have to be changed. Its purpose is to loosen and relax muscles to avoid strain. Never skip out on doing warm-ups and cool downs.

You noticed in the routines set above, the changes are in the cardio and strength exercises. If the movements are too many to follow or keep track of, you can focus on three or four that you can repeat and cycle through for the duration of the strength training routine. Remember to keep proper form. Don't rush through your routine, it's a surefire way to get injured and hurt yourself. Pace yourself and rest for 15 seconds before doing the next move.

*“It's not about being the best, it's about being better than you were yesterday.”*

*– Unknown*

The next set of routines are for someone with an intermediate fitness level. You're doing great! Four weeks in and you're making great strides with your health and your physical strength is showing improvement. Each routine is 45 minutes long and has more lifting involved and varied cardio exercises. The equipment you'll be using for these exercises would be easily adaptable and substituted with common household items. Weights don't necessarily mean more dumbbells or barbells. Instead, you'll use your body weight. A note about adjusting the number of reps and sets: if you can go longer without fatiguing your muscles, you need to add more weights to build strength and mass. Fatigue should be a good kind of sore. Stop what you're doing if you feel any pain or discomfort.

The routine and exercises set out here are alternated - more exercises and longer reps on some days and three or four moves repeated in decrements of 50, 30, and 20 seconds on other days. Always remember to take 15 second rests before transitioning to the next move or set.

### ***3 minutes of warm-up stretches***

- Perform 2 times, Upper Back Stretch
- Perform 2 times, Chest Stretch

- Perform once on either side of the neck, Neck Stretch
- Perform 2 times, Sit and Reach Stretch
- Perform once for each leg, Inner Thigh Stretch
- Do 1 set of 16 reps, Shoulder Circles
- Do 1 set Hand Stretches

***15 minutes of muscle strengthening & balance exercise***

**DAY 1**

- 2 sets of 20-second Flamingo Stand for each leg
- 6 sets of 20 steps, Toe the Line
- 3 sets of 15 reps, Front Arm Raises
- 3 sets of 16 reps, Seated Shin Strengtheners
- 2 sets of 8 reps, Pliés
- 1 set of 10 reps, Partial Squats
- 2 sets of 10 reps for each leg, Leg Lifts
- 1 30-second Modified Plank with a box or a chair
- 3 sets of 12 reps, Bicep Curls
- 2 sets of 10 reps, Dumbbell Upright Row
- 2 sets of 10 reps, Knee Extensions with resistance bands
- 3 sets of 8 reps, Tummy Twists
- 3 sets of 10 reps, Modified Burpees
- 1 20-second Wall Sit
- Perform 4 Clock Reaches for each side

**DAY 2**

This exercise routine has fewer moves but longer reps and more sets and will be repeated 3 times. Do the moves with as many reps as you can or hold the position for as long as you can for 50 seconds for each move or exercise on the first round.

- Do a Flamingo Stand for each leg

- Pliés
- Partial Squats
- Modified Plank with a box or a chair
- Wrist Curls
- Dumbbell Upright Row
- Front Arm Raises
- Modified Plank with a box or a chair
- 

Repeat and cycle through the moves a second time for 30 seconds for each move and 20 seconds for the third round.

### **DAY 3**

- 2 sets of 20-second Single Limb Stands for each leg
- 3 sets of 10 reps for each leg, Side Leg Raises with resistance bands
- 2 sets of 10 reps for each leg, Leg Lifts
- Perform Bicycles for 30 seconds, rest, then go another 30 seconds
- 3 sets of 12 reps, Bicep Curls
- 2 sets of 10 reps, Dumbbell Upright Row
- 1 20-second Wall Sit
- 1 30-second Incline Push-Ups with a box or a chair
- 3 sets of 12 reps, Forward Step-Ups
- 2 sets of 10 reps, Side Bends
- 2 sets of 10 reps, Seated Twists
- 3 sets of 8 reps, Knee Extensions with resistance bands
- 3 sets of 10 reps, Modified Burpees
- 1 20-second Wall Sit
- 1 set of 10 reps, Partial Squats

### **DAY 4**

This exercise routine has fewer moves but longer reps and more sets and will be repeated 3 times. Do the moves with as many reps as you can or hold the position for as long as you can for 50 seconds for each move or exercise on the first round.

- Do Clock Reaches for each hand and side
- Tummy Twists
- Side Bends
- Dumbbell Upright Row
- Seated Knee Lifts
- Modified Burpees
- Wall Sit
- Modified Plank with a box or a chair

Repeat and cycle through the moves a second time for 30 seconds for each move and 20 seconds for the third round.

## **DAY 5**

- 3 sets of 16 reps, Seated Shin Strengtheners
- 2 sets of 8 reps, Pliés
- 2 sets of 10 reps for each leg, Leg Lifts
- Perform Bicycles for 30 seconds, rest, then go another 30 seconds
- 3 sets of 10 reps, Modified Burpees
- 1 30-second Modified Plank with a box or a chair
- 3 sets of 12 reps, Bicep Curls
- 2 sets of 10 reps for each hand, Wrist Curls
- 2 sets of 10 reps, Dumbbell Upright Row
- 1 20-second Wall Sit
- 1 30-second Incline Push-Ups with a box or a chair
- 6 sets of 20 steps, Toe the Line
- Do 2 turns on the Speed & Agility Drill ladder



- 3 sets of 15 reps, Front Arm Raises
- 1 set of 10 reps, Partial Squats

***25 minutes of cardio exercises***

**ALTERNATIVE CARDIO A - Walking and Stair-Climbing**

- 5 minutes marching in place
- 5 minutes of Forward Step-Ups
- 5 minutes kick-backs, side steps, and front kicks
- 5 minutes of marching in place
- 5 minutes Lateral Step-Ups

**ALTERNATIVE CARDIO B - Speed Drills and Stair-Climbing**

- 5 minutes marching in place
- 5 minutes of Speed & Agility Drills
- 5 minutes kick-backs, side steps, and front kicks
- 5 minutes of marching in place
- 5 minutes of Step and Stand Speed Drill

**ALTERNATE CARDIO C - Bike or Cycling**

- 5 minutes easy resistance on a stationary or elliptical bike
- 10 minutes medium resistance on a stationary or elliptical bike
- 5 minutes high resistance on a stationary or elliptical bike
- 5 minutes easy resistance on a stationary or elliptical bike

***5 minutes of cool down stretches***

- Perform 2 times, Upper Back Stretch
- Perform 2 times, Chest Stretch
- Perform the cool down routine below:

1.

March in place for 30 seconds.

2.

Step your right foot forward to a lunge position and rest your hands on the middle part of your right thigh. Lunge forward taking care not to let your knee go over your toes.

3.

You should feel a bit of a stretch on your left calf. Hold the position for 16 counts. Switch positions and repeat step number 2 with your left leg.

4.

Step your right foot behind and rest your hands on your hands on your right knee. Slowly bend from the waist pushing your buttocks backward and up.

5.

You should feel a bit of a stretch on the back of your left thigh muscles. Hold the position for 16 counts. Switch positions and repeat step number 4 with your left leg.

6.

Stand and hold onto a wall for support. Bend your right leg behind you and grasp your ankle with your right hand. Keep your standing leg slightly bent to avoid strain. Hold the position for 16 counts.

7.

You'll feel a bit of a stretch on the front of your thighs. Alternate with the other leg and perform the stretch 2 times for each thigh.

8.

March in place for 60 seconds. Stand with a wide stance and spread your arms upwards to

stretch. Sweep your arms down to the side and raise them up again. Repeat this move for 8 counts.

*“We are what we repeatedly do.*

*Excellence then isn’t an act but a habit.”*

*—Aristotle*

These last set of routines are for those at the expert fitness level. Congratulations! If you’re reading this part to prepare for the next routines, you’ve done 8 weeks or so of continuous strength and cardio training. You’ve climbed 2 peaks and are now attempting to scale a third—expert fitness level workouts. The routines will be 60 minutes long and is now equal parts endurance and strength training. The stretching and strengthening exercises will be limited to 10 which are repeated in decrements of 60, 45, and 30 seconds. Take 15-seconds rests in between moves and sets to sustain your drive. As with all exercise routines, it’s important to do a warm-up and a cool down. Remember to stop if you feel pain or discomfort. “No pain, no gain” doesn’t apply in this situation. Injuries and hurting yourself aren’t badges of courage. Also, remember that swimming, water aerobics, Pilates, yoga, and Tai-Chi are great alternatives to cardio exercises and are easier on the joints. Check out your local gym or community center to see if any of these activities are offered. These alternative cardio exercises can be done 2 to 3 times a week.

### ***3 minutes of warm-up stretches***

- Perform 2 times, Upper Back Stretch
- Perform 2 times, Chest Stretch
- Perform once on either side of the neck, Neck Stretch
- Perform 2 times, Sit and Reach Stretch
- Perform once for each leg, Inner Thigh Stretch
- Do 1 set of 16 reps, Shoulder Circles
- Do 1 set Hand Stretches

### ***25 minutes of muscle strengthening & balance exercise***

## **DAY 1**

This exercise routine has fewer moves but longer reps and more sets and will be repeated 3 times. Do the moves with as many reps as you can or hold the position for as long as you can for 60 seconds for each move or exercise on the first round.

- Clock Reach
- Toe the Line
- Side Leg Raises with resistance bands
- Modified Plank with a box or a chair (hold position for 60 seconds on the first round, 45 seconds on the second round, and 30 seconds on the last round)
- Pliés
- Partial Squats
- Dumbbell Upright Row
- Front Arm Raises
- Modified Burpees
- Modified Plank with a box or a chair (hold position for 60 seconds on the first round, 45 seconds on the second round, and 30 seconds on the last round)

Repeat and cycle through the moves a second time for 45 seconds for each move and 30 seconds for the third round.

## **DAY 2**

Do the moves with as many reps as you can or hold the position for as long as you can for 60 seconds for each move or exercise on the first round.

- Leg Lifts
- Bicycles
- Side Bends
- Seated Twists
- Speed & Agility Drills

- Modified Plank with a box or a chair (hold position for 60 seconds on the first round, 45 seconds on the second round, and 30 seconds on the last round)
- Bicep Curls
- Knee Extensions with resistance bands
- Front Arm Raises
- Incline Push-Ups

Repeat and cycle through the moves a second time for 45 seconds for each move and 30 seconds for the third round.

### **DAY 3**

Do the moves with as many reps as you can or hold the position for as long as you can for 60 seconds for each move or exercise on the first round.

- Tummy Twists
- Bicycles
- Partial Squats
- Seated Knee Lifts
- Wall Sits (hold position for 60 seconds on the first round, 45 seconds on the second round, and 30 seconds on the last round)
- Bicep Curls
- Modified Burpees
- Speed & Agility Drill
- Front Arm Raises
- Modified Plank (hold position for 60 seconds on the first round, 45 seconds on the second round, and 30 seconds on the last round)

Repeat and cycle through the moves a second time for 45 seconds for each move and 30 seconds for the third round.

### **DAY 4**

Do the moves with as many reps as you can or hold the position for as long as you can for 60 seconds for each move or exercise on the first round.

- Clock Reach
- Do a Flamingo Stand for each leg
- Tummy Twists
- Seated Shin Strengtheners
- Pliés
- Modified Plank with a box or a chair (hold position for 60 seconds on the first round, 45 seconds on the second round, and 30 seconds on the last round)
- Dumbbell Upright Row
- Partial Squats
- Lateral Step-Ups
- Knee Extensions with resistance bands

Repeat and cycle through the moves a second time for 45 seconds for each move and 30 seconds for the third round.

## **DAY 5**

Do the moves with as many reps as you can or hold the position for as long as you can for 60 seconds for each move or exercise on the first round.

- Side Leg Raise with resistance bands
- Partial Squats
- Forward Step-Ups
- Modified Burpees
- Wall Sit (hold position for 60 seconds on the first round, 45 seconds on the second round, and 30 seconds on the last round)
- Incline Push-Ups
- Dumbbell Upright Row
- Lateral Step-Ups

- Front Arm Raises
- Modified Plank with a box or a chair

Repeat and cycle through the moves a second time for 45 seconds for each move and 30 seconds for the third round.

### ***25 minutes of cardio exercises***

#### **ALTERNATIVE CARDIO A - Walking and Stair-Climbing**

- 5 minutes marching in place
- 5 minutes of Forward Step-Ups
- 5 minutes kick-backs, side steps, and front kicks
- 5 minutes of marching in place
- 5 minutes Lateral Step-Ups

#### **ALTERNATIVE CARDIO B - Speed Drills and Stair-Climbing**

- 5 minutes marching in place
- 5 minutes of Speed & Agility Drills
- 5 minutes kick-backs, side steps, and front kicks
- 5 minutes of marching in place
- 5 minutes of Step and Stand Speed Drill

## **ALTERNATE CARDIO C - Bike or Cycling**

- 5 minutes easy resistance on a stationary or elliptical bike
- 10 minutes medium resistance on a stationary or elliptical bike
- 5 minutes high resistance on a stationary or elliptical bike
- 5 minutes easy resistance on a stationary or elliptical bike

### ***5 minutes of cool down stretches***

- Perform 2 times, Upper Back Stretch
- Perform 2 times, Chest Stretch
- Perform the cool down routine below:

1.

March in place for 30 seconds.

2.

Step your right foot forward to a lunge position and rest your hands on the middle part of your right thigh. Lunge forward taking care not to let your knee go over your toes.

3.

You should feel a bit of a stretch on your left calf. Hold the position for 16 counts. Switch positions and repeat step number 2 with your left leg.

4.

Step your right foot behind and rest your hands on your right knee. Slowly bend from the waist pushing your buttocks backward and up.

5.



You should feel a bit of a stretch on the back of your left thigh muscles. Hold the position for 16 counts. Switch positions and repeat step number 4 with your left leg.

6.

Stand and hold onto a wall for support. Bend your right leg behind you and grasp your ankle with your right hand. Keep your standing leg slightly bent to avoid strain. Hold the position for 16 counts.

7.

You'll feel a bit of a stretch on the front of your thighs. Alternate with the other leg and perform the stretch 2 times for each thigh.

8.

March in place for 60 seconds. Stand with a wide stance and spread your arms upwards to stretch. Sweep your arms down to the side and raise them up again. Repeat this move for 8 counts.

Here's how the routines would look like plotted out for a week. Your rest days can be moved to whatever days would best suit your schedule. It would be a good idea to keep your rest days apart so your body won't be inactive for more than 24 hours but still have enough time to rest and recover.

**BEGINNER LEVEL FITNESS**

	<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>SAT</b>	<b>SUN</b>
<b>Warm Up</b>	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	REST	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	REST	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches
<b>Cardio</b>	Walking	Biking	Walking		Biking		Walking
<b>Strength Training</b>	Side Leg Raises Seated Shin Strengtheners Pliés Front Arm Raise Side Bends Tummy Twists Knee Extensions Wrist Curls Toe the Line Flamingo Stand Clock Reach	Flamingo Stand Side Leg Raise Front Arm Raise Side Bends Tummy Twists Wrist Curls Bicep Curls Seated Shin Strengtheners Pliés Wall Push-Ups Knee Extensions	Leg Lifts Seated Knee Lifts Knee Extensions Front Arm Raise Wrist Curls Bicep Curls Single Limb Stance w/ Arm Clock Reach Modified Burpees Side Bends Seated Twists		Leg Lifts Bicycles Toe the Line Speed & Agility Drill Wrist Curls Dumbbell Upright Row Wall Push-Ups Clock Reaches Modified Burpees Seated Shin Strengtheners Pliés		Flamingo Stand Single Leg Stance w/ Arm Seated Shin Strengtheners Side Leg Raise Pliés Side Bends Tummy Twists Seated Twists Dumbbell Upright Row Wall Push-Ups Modified Burpees
<b>Cool Down</b>	Upper Back Stretch Chest Stretch Cool down routine	Upper Back Stretch Chest Stretch Cool down routine	Upper Back Stretch Chest Stretch Cool down routine		Upper Back Stretch Chest Stretch Cool down routine		Upper Back Stretch Chest Stretch Cool down routine

INTERMEDIATE LEVEL FITNESS							
	M	T	W	TH	F	SAT	SUN
Warm Up	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	REST	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	REST	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches
Cardio	Alternative A		Alternative C	Alternative A	Alternative C		Alternative
Strength Training	Flamingo Stand Toe the Line Front Arm Raise Seated Shin Strengtheners Pliés Partial Squats Leg Lifts Modified Planks Bicep Curls Dumbbell Upright Row Knee Extensions Tummy Twists Modified Burpees Wall Sit Clock Reaches		50-second Flamingo Stands Pliés Partial Squats Modified Planks Wrist Curls Dumbbell Upright Rows Front Arm Raises Modified Plank *repeat moves* 30-second *repeat moves* 20-second	Single Limb Stance Side Leg Raise Leg Lifts Bicycles Bicep Curls Dumbbell Upright Rows Wall Sit Incline Push-Ups Forward Step-Ups Side Bends Seated Twists Knee Extensions Modified Burpees Wall Sit Partial Squats	50-second Clock Reaches Tummy Twists Side Bends Dumbbell Upright Rows Seated Knee Lifts Modified Burpee Wall Sit Modified Plank *repeat moves* 30-second *repeat moves* 20-second		Seated Sh Strengthen Pliés Leg Lift Bicycles Modified Bu Modified Pl Bicep Cur Wrist Cur Dumbbell Upright Rc Wall Sit Incline Push Toe the Li Speed & Ag Drill Front Arm Rais Partial Squ
Cool Down	Upper Back Stretch Chest Stretch Cool down routine		Upper Back Stretch Chest Stretch Cool down routine	Upper Back Stretch Chest Stretch Cool down routine	Upper Back Stretch Chest Stretch Cool down routine		Upper Back Stretch Chest Stretch Cool down routine

EXPERT LEVEL FITNESS							
	M	T	W	TH	F	SAT	SUN
Warm Up	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	REST	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	Upper Back Stretch Chest Stretch Neck Stretch Sit & Reach Stretch Inner Thigh Stretch Shoulder Circles Hand Stretches	REST
Cardio	Alterna-tive B	Alterna-tive A		Alterna-tive B	Alterna-tive C	Alterna-tive B	
Strength Training	60-second Clock Reach Toe the Line Side Leg Raises Modified Plank Pliés Partial Squats Dumbbell Upright Front Rows Front Arm Raises Modified Burpees Modified Plank *repeat moves* 45- second *repeat moves* 30-second	60-second Leg Lifts Bicycles Side Bends Seated Twists Speed & Agility Drills Modified Plank Bicep Curl Knee Extensions Front Arm Raise Incline Push-Ups *repeat moves* 45-second *repeat moves* 30-second	Upper Back Stretch Chest Stretch Cool down routine	60-second Tummy Twists Bicycles Partial Squats Seated Knee Lifts Wall Sit Bicep Curls Modified Burpees Speed & Agility Drills Front Arm Raises Modified Plank *repeat moves* 45-second *repeat moves* 30-second	60-second Clock Reach Flamingo Stand Tummy Twists Seated Shin Strengtheners Pliés Modified Plank Dumbbell Upright Rows Partial Squats Lateral Step-Ups Knee Exten-sions *repeat moves* 30-second *repeat moves* 20-second	60-second Side Leg Raise Partial Squat Forward Step-Ups Modified Burpees Wall Sit Incline Push-Ups Dumbbell Upright Rows Lateral Step-Ups Front Arm Raise Modified Plank *repeat moves* 45-second *repeat moves* 30-second	
Cool Down	Upper Back Stretch Chest Stretch Cool down routine	Upper Back Stretch Chest Stretch Cool down routine		Upper Back Stretch Chest Stretch Cool down routine	Upper Back Stretch Chest Stretch Cool down routine		

Here's a blank template that you can copy to personalize your own weekly fitness routine. Create your own mix and match exercise routine. Warm-up and cool down can be the same all throughout. The important thing is to get your body and muscles warmed up before starting a workout and to bring your body to relax after. It doesn't matter which you do first - strength training or cardio exercises. What will matter is you do both to gain the full benefits of the exercise routine you're doing. You may want to pace yourself and check how your body responds to the demands of physical activity. If doing cardio exercises first brings your energy down and leaves you zapped to do anything after then switch it up. Listen to your body. The rest days are also not bound and limited

to two days. If you feel the routine is harder on you and require more rest days to recover, scale back on the exercise minutes.

Again, not everybody responds the same way to exercise. Results often vary based on your current health and fitness level. Adjust the number of workouts you do until your body has built up endurance and your muscles have strengthened. This may start to sound repetitive but it cannot be stressed enough - start where you are and build from there. Don't force yourself or skip levels and your body will thank you for it. Only go for what you can do and stop if you feel pain. Rome wasn't built in a day. You'll build your health and your body up with dedication, hard work, and determination. Look forward to the results.



*“One should eat to live, not live to eat”*

*— Benjamin Franklin*

*“Exercise is king. Nutrition is queen.*

*Put them together and you’ve got a kingdom.”*

*— Jack LaLanne*

## **You are what you eat**

All the effort you’re putting into your workouts will amount to little if you’re not eating what you should. As people age, their nutritional requirements change too. For men in their sixties, the focus should be on consuming protein to help build muscle mass, whole carbohydrates for energy to fuel your workouts, and vitamins and minerals to supplement the any nutrition gaps.

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Here are some tips for your health and nutrition goals:

- A sedentary man in his 60s should ideally consume only 2,000 calories a day. If your weight hovers near or on the overweight and obese end of the scale, lessen your food intake. Remove all empty starches and carbohydrates from your diet and replace them with more whole grains, vegetables, and fruit. If you’re at a normal weight level, adjust your food intake to 2,300 to 2,500 calories a day so you don’t burn off your body weight with the exercise and lose any muscle.
- Meals should be spread throughout the day. Don’t eat one big meal in one sitting. Not only is it unhealthy for your body but it’s also hard on your digestion. Big meals wreak havoc on your insulin levels, forcing your body to produce and release more insulin for the spike in the body’s blood sugar levels after a heavy meal. Constant high blood sugar levels may lead to insulin-resistance or type 2 diabetes. The ideal is to eat three main meals and have two to three snacks in between. Keep your heaviest meal for lunch, as it’s the time of the day when you need the most energy. Dinner meals should ideally be

smaller portions. Remember that all extra unused energy in your body at the end of the day becomes fat.

- Don't skip breakfast. Mom was right when she said breakfast was the most important meal of the day. Think about it, by the time your alarm clock rings in the morning, your body just went through a 10 to 12 hour fast. A good breakfast should fuel you and give you the energy needed to jumpstart your day. Start with whole grains - cereals (not the sugary kind) or whole bran oatmeal, a cup of low-fat or skimmed milk or soy milk if you're lactose intolerant, 2 egg whites and a yolk (whichever way you like it), a cup of fruit (bananas, berries, cantaloupe, etc.), coffee or tea. Keep it simple and hearty.
- The USDA recommends eating five to nine servings of fruit and vegetables a day. It'd be ideal to eat at least 2 and a half servings of vegetables during major meals - breakfast, lunch, and dinner. If juicing is your thing, do it. Celery, carrots, cucumber, kale, spinach, wheatgrass, broccoli, cabbage, beets- your choice. Vegetables not only contain indispensable vitamins and minerals, they also have the high fiber content needed for regular bowel movement. The fiber also soaks up the excess fat you consume and lowers your LDL cholesterol.
- If you love fat and can't fathom a life without it, you're on the right paragraph. For starters, use olive oil for cooking and use the extra-virgin kind for drizzling on pasta or salads. Avocado is a good source of fat that won't make you fat and won't harm your heart. Nut butters are a great source of fat as well. If you're allergic to peanuts, you can try almond, cashew, walnut, pistachio, and even sunflower seed butter. Make sure the ones with no sugar added.
- Consider protein your friend. Age-related muscle-loss or sarcopenia begins as early as the 30s with as much as 3% to 5% muscle loss per year. The loss is more pronounced with a sedentary lifestyle. A diet rich in protein will help to combat muscle loss. Good sources of



protein would be lean meat, white meat from turkey or chicken, beans such as lentils or soya, dairy such as Greek yogurt and milk, nut butters, tofu, eggs, oily fish like sardines, salmon and tuna. The RDA or recommended dietary allowance for protein in older adults is 0.4 to 0.5 grams of protein per pound of body weight. Protein won't only help to combat muscle loss, it'll also provide the added benefits of increasing strength, bone health and improve the body's immunity. Too much of a good thing would always be detrimental to your health. For those with kidney or renal issues, it's best to check in with your doctor on what the best way to get your protein is without compromising your organs or your health. With that said, it's also strongly cautioned to not take any muscle-building protein shakes or drinks without the express permission of your doctor or a qualified health professional.

- Taking on a fitness routine would mean expending more energy that you normally do. Don't think of carbohydrates as the enemy. They aren't. What makes them bad is when people eat too much of the wrong kind, e.g. processed wheat, pasta, white bread, etc. When it comes to carbs, the darker and coarser, the better. Quinoa, chia seeds, brown rice, whole oats, whole wheat, and whole bran are the ones you should keep by your side. Vegetables and fruits can also count as carbohydrates. Apples and bananas are good pre/post workout snacks. They fill you up and keep your blood sugar stable.
- Snacking doesn't mean eating empty calories. Examples of great snacks include fruit - dried or fresh, nuts such as almonds or cashews, trail mix, Greek yogurt, and granola bars. If snack bars are a staple of your pantry, check the label and ditch those with high sugar content or boasting anything with low-fat or low sugar labels. These low-anything variants usually contain unhealthy alternatives to make up for the lack of fat or sugar. Another important thing to keep in mind is portion control. Keep your snacks snack-portioned.

- Keep hydrated. It's been recommended to drink at least 8 glasses of water a day. The Institute of Medicine or IOM recommends drinking at least 13 cups of water a day. If you'll be sweating it out with your workouts, you'll need to replenish your electrolytes by drinking water. There is no need for fancy flavored water or health drinks. These only add unhealthy sugars to your body and make up an unnecessary expense. If you prefer to drink juice, keep it natural and unsweetened. For hydration, water is still your best bet.
- As a person ages, the body slowly loses nutrients and its capacity to absorb and utilize them. This is where supplements come in. Take a multivitamin supplement to fill in any nutrition gaps. Some supplements to consider are:
  - Vitamin C is also a good supplement to boost your immunities. Pair it with Zinc to for an even stronger spike in your immune system and in your ability to heal wounds.
  - B complex vitamins helps lessen the numbness and tingling in the arms, legs, fingers, and toes. It helps with balance and stability.
  - Fish oil is helpful in lowering blood pressure, increasing heart health by strengthening the muscles, and providing cushioning for joints and organs.
  - Joint care supplements like glucosamine help build cartilage and treat joint pain and osteoarthritis. Another supplement is collagen, which boosts skin elasticity. It also strengthens joints and tendons.
  - DHEA is a naturally produced hormone in the body that promotes and produces estrogen and testosterone. Studies show mixed results but it shows promising results in helping to build and maintain muscle growth.

A reminder: Ask a health expert before taking any supplements to make sure that it won't affect any medication you're already taking. A consultation with your doctor may

also provide better alternatives to the supplements that are listed here.

*“Most things in life are like a cake,  
have excess of it and you get sick of it.”  
— Anupama Garg*

## **Knowing when to stop**

Sure, it can be intimidating at first, but once you get used to it, working out can become very addictive. There’s nothing like the explosive release of endorphins and feel-good chemicals that fill your body after a great workout. Beware though, this boost in energy has tempted many to go further and overexert themselves as a result. Too much exercise will cause fatigue and that’s just as bad as having no physical activity at all. You’ve got to find the middle ground where you can get all the perks of a great workout minus the visits to the emergency room.

Let’s start with pre-existing conditions. If you’ve any of the conditions listed below, schedule a visit to your doctor before attempting any of this.

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- overweight or moderately obese
  - a history of heart disease
  - asthma or lung issues
  - diabetes - type 1 or type 2
  - arthritis
  - osteoporosis
  - taking medication that might impair your balance, blood pressure, blood sugar, or cause nausea
- 

“No pain, no gain” can be a recipe for disaster. Sharp, stabbing pain will do anything but give you gains. If you feel any sort of shooting pain, STOP.

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If the pain is more like a *good* sore, then all you need is rest. Built up tension around in the muscle and joints can be easily

fixed with swimming or Tai-Chi. Fluid body movements do wonders at easing soreness in the body.

Below are some tell-tale signs you need to stop:

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- **Heartbeat is off the charts.** The resting heart rate is anywhere from 60 to 100 beat per minute. The closer you're to the lower end of this range, the healthier your heart is. Exertion and physical activity will raise your heart rate but if your heart rate skyrockets from normal to galloping, you've to scale back to avoid hurting yourself.
- **When you're nursing a cold, a fever or the flu.** A fever is a sign that your body is battling an infection. The best way to deal with this is with bedrest, sleep, a lot of liquids, and medication (if necessary). If you work out at a gym, you're putting yourself and others at risk.
- **Painful leg cramps during exercise.** Cramps can happen to those who regularly exercise. What isn't common is if it's too painful, occurs often, and doesn't go away easily. Exercise leads to sweating and electrolyte loss. A good rule of thumb to follow is to keep hydrated throughout your workout. Drink before you begin your workout, take sips during your workout, and drink more after your workout. Aside from electrolyte loss, potassium, calcium, magnesium, and other minerals are also lost when you sweat it out during a workout. Have a banana before your workout to maintain your blood sugar and potassium levels. A cup of yogurt or a glass of milk will help to replenish calcium and restore mineral balance in your body post-workout. Intense cramping may indicate a blockage in your leg's artery. See your doctor if cramping persists.
- **When your breathing accelerates too fast when performing an otherwise easy exercise.** Shortness

of breath may be an indication of an asthma attack or a heart attack. If you ever encounter this, stop what you're doing and go see a doctor.

- **Dizziness or lightheadedness** that could have been caused by either of these two: (1) lack of food and dipping blood sugar level or (2) lack of fluids and dehydration. Check your symptoms and if it persists, go see a doctor. The dizziness could be an underlying symptom of a nervous system problem, a blood pressure problem, or diabetes.
- **Chest pain is never a good thing.** Whatever form you experience it - sharp, dull, or accompanied by other symptoms like nausea, shortness of breath, dizziness, breaking out in a cold sweat, and vomiting - it's best to take a break and have somebody drive you to the hospital just to be sure. These last three signs are symptoms of an incoming heart attack.

The bottom line is to make yourself familiar with your body and how it reacts. Be patient in figuring out your body. Understanding how much your body can take could save your life.

*I'm not going to get somewhere and say, 'OK, I'm done.'*  
*Success is never final; I'll just keep on going. The same way*  
*as failure never being fatal. Just keep going.*  
*I'm going to the stars and then past them.*  
— *Conor McGregor*

## Conclusion

Congratulations for making it this far. Here, we're going to wrap things up with a recap:

***It's never too late to do anything to get your health back on track.*** The most important step you'll take is to make the decision to get healthier. The next is to commit to your decision. It won't be a walk in the park... unless it is.

***Reach your health and fitness goals by combining exercise and good nutrition.*** You'll 10x the benefits for your body if you pair these two elements. Remember, exercise is king and nutrition is queen, and when you put them together, you have a kingdom.

***Believe that you can do it.*** Your best motivator is you. If you can psyche and keep yourself motivated, you've done 90% of the work. What the mind can conceive, the body can achieve. Remember to stack your wins and remind yourself of them whenever you feel down or discouraged. Also, take inspiration from motivational quotes, celebrities, and books. If they did it, so can you !

***Push yourself a little bit more every day.*** If you did only do 15 minutes of physical activity in your first week, then try 16 the next. Before you know it, you'll be so far ahead that 15 will feel like nothing. Also, be proud of the small gains. They are the starting point of all change. Don't be scared to share your achievements with your friends, spouse or children!

***Listen to your body.*** Your goal is to get healthier and fitter, not to punish your body. Learn your body's responses to the different workouts that you put it through. People's bodies

respond differently to different routines and different diets. What works for some may not produce the same results for you. If something doesn't feel right - pain, chronic soreness, tightness in your chest, difficulty breathing, etc. stop what you're doing and call 911 or have someone take you to the doctor.

***Finally, don't forget to enjoy yourself.*** The huffing and puffing will get old really fast if you're not enjoying any of it. Ease up a bit on the seriousness. If you love what you do, you can do it keep at it forever.



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