



ADULT

HEALTH BULLETIN



MAY 2018

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

PHYSICAL ACTIVITY IS IMPORTANT FOR PEOPLE OF ALL AGES



Regular physical activity is good for everyone's health and people of all ages and body types can be physically active. May is National Physical Fitness and Sports Month, so it is a great time to spread the word about the benefits of becoming active.

Exercise among middle-aged and older adults in the United States is rare. Research shows that only about 10 percent of people past the age of 65 work out regularly. Despite this fact, the CDC recommends that if you're 65 years of age or older, are generally fit and have no limiting health conditions, you need at least 150 minutes of moderate activity a week.

Continued on the back



Physical activity can lower the risk of Alzheimer's disease, dementia, heart disease, type 2 diabetes and some cancers.

➔ Continued from page 1

Starting or keeping a regular exercise routine can be challenging for people at any age — and it does not get any easier as you get older. However, no matter your age or fitness level, it is never too late to benefit from moving your body, boosting your health and improving your outlook on life.

Three myths debunked about aging and being active

Myth 1: There is no point to exercising. I am too old to start exercising.

Fact: You are never too old to get moving and improve your health! Regular movement or physical activity can lower the risk of Alzheimer's disease, dementia, heart disease, type 2 diabetes and some types of cancer. Regular movement can also help you look and feel younger, while staying independent longer.

Myth 2: Exercise puts me at risk of falling down.

Fact: Physical activity can actually lower your risk of falling and improve cognitive function. Regular activity builds strength and stamina, prevents loss of bone mass and improves balance, reducing your risk of falling.

Myth 3: I am too weak or have too many aches and pains.

Fact: Moving your body can help you manage pain. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. Even if you are chair-bound, you can still lift weights, stretch and do chair aerobics or chair yoga.

Remaining active as an adult adds years to your life, but also life to your years. It can prevent many of the health problems that seem to come with age. However, it is important to start safely:

- Get medical clearance from your doctor before starting an exercise program.



- Consider any preexisting health conditions or concerns.
- Start slowly and focus on short-term goals.
- Listen to your body. If you are in pain, STOP.

It is never too late to benefit from exercise!

REFERENCES:

- https://www.cdc.gov/physicalactivity/basics/older_adults
- <https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm>
- <https://www.health.harvard.edu/staying-healthy/exercise-and-aging-can-you-walk-away-from-father-time>

ADULT
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

