

Exercise will keep you young . . .

It is a well-known fact that regular exercise is beneficial for all age groups. In the aging Baby Boomers in Canada, it can be a critical step in maintaining independence, a better quality of life and preventing injuries such as falls.

Exercise can improve your emotional and physical health

Research has shown that as little as 20 minutes of walking, three times a week can boost mood and decrease risk for falls. Even the smallest amount of exercise can improve the health of those who have chronic illnesses such as diabetes, high blood pressure, arthritis and heart disease. For those who suffer from arthritis, exercise may reduce joint pain and increase strength and flexibility. Simply walking daily can help lower risk of osteoporosis because it is weight bearing, thereby, strengthening bones. Even if you already have osteoporosis, appropriate exercise can reduce the risk of fractures and help maintain bone density.



There are four types of exercise that, when combined, will give you improved results.

1. Endurance: Exercise that raises your heart rate such as walking, swimming or cycling should be done daily for at least 30 minutes.
2. Strength: Exercise that builds your muscles will help you perform your daily tasks such as getting up from a chair or lifting groceries and can reduce your risk of falling.
3. Balance: Exercises such as standing on one foot and walking heel to toe are examples that can help reduce your risk for falls.
4. Flexibility: Keeping the body limber and flexible through proper warm-up and stretching exercises.



Overall, you will sleep better, have more energy, maintain a healthy weight, decrease aches and pains and have a positive outlook and improved sense of wellbeing.

Consult your doctor before starting any exercise program. Your chiropractor can help you design a safe and enjoyable exercise routine to keep you healthy and motivated.

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Your Health Matters is a monthly column of health tips from Doctors of Chiropractic across the country.

