

Reducing Your Fall Risk - Part II



Tip #3 Aerobic Activity

The founders of modern-day fitness, from Jack and Elaine LaLanne and Richard Simmons to Jane Fonda and Denise Austin each developed their own brand of aerobics. But they all involve raising that heart rate. Here's a way to keep it simple and get a moderate-intensity workout, as recommended by the CDC.

Consult with your doctor before beginning or changing any activity program

Sunday - 30-minute brisk walk

Monday - 30-minute brisk walk

Tuesday - Weight Training

Wednesday - 30-minute brisk walk

Thursday - 30-minute brisk walk

Friday - 30-minute brisk walk

Saturday - Weight Training

This totals 150 minutes of moderate-intensity aerobic activity + 2 days of muscle-strengthening activity.

How do you determine if you're over-exerting yourself? Take the Talk Test. According to the CDC, if you're doing moderate-intensity activity, you can talk but not sing during the activity. Vigorous-intensity activity is where it's difficult to say more than a few words without pausing for a breath.

Don't be hard on yourself if you can't complete the activity at "moderate" intensity or for 150 minutes. It's important to be as active as your abilities allow even if that's a lighter intensity and smaller, shorter workout session.



Tip #4 Strength Shaping

General guidelines are for 2 or more days a week (usually instructed as 2-3 days a week), with days of rest between, so no back-to-back days for muscle. The focus should be on exercises that focus on major muscle groups versus isolating individual muscles.

Here are two exercises to boost the muscle groups and joints most critical to your balance and stability: the ankle (dorsiflexors and calves), the quadriceps (knee extensors) and the glutes (hip extensors). Complete these exercises standing at a counter or table with your eyes open. Keep that chair behind you for added security.

Heel/Toe Raises: We can lose up to 20 degrees of movement in our ankles as we age. This exercise keeps our ankles and calf muscles flexible and strong. Slowly shift your weight forward to your toes and raise your heels up and off the ground. Then reverse, slowly shifting your weight backward towards your heels and lifting your toes up and off the floor. Try to hold each position 3-5 seconds.

Mini Squats: Slowly bend your hips and knees as if you were going to sit in the chair behind you, but just as you're about to sit, stand up slowly. Repeat 5-10 times.

*Always check with your doctor before making these or any other changes to your exercise routine