



Exercise tips for those over 40

Regular exercise is an important part of maintaining a healthy life and overall wellness. It can reduce your risk of many diseases and can make you feel more energized and happy.

If you don't already follow a fitness regime, one of the best things you can do for your health is to start one. No matter your age or physical ability, you can benefit from exercise. The key is start slow and do things you enjoy. Walking, biking, yard work, swimming and group fitness are all great activities that promote wellness.

As you age, consider adapting your fitness routine to best support yourself. Here are some exercise tips for those over 40.



Do exercises that help build and maintain bone density and mass

High-impact or weight-bearing exercises like dancing, jogging, tennis or jumping rope are great ways to strengthen bones. However, if you have osteoporosis, low bone mass or are frail, opt for lower-impact exercises to help prevent injury. Low-impact exercises include walking, elliptical workouts and aerobics.

Take precautions to avoid injuries

If you haven't been active recently or have chronic conditions, it may be beneficial to talk with your provider about the best way to ease back into exercise without injuring yourself. You should make a plan to start slow and gradually increase the frequency and intensity of your workouts. During your workout, take five to 10 minutes to warm up and cool down to help avoid injuring yourself.

Listen to your body

If you are feeling tired, fatigued or sick and you cannot get through your workout, give yourself a break. Consider stopping a workout early and finishing at another time. If you feel faint after exercising or are having severe aches, consider reducing the intensity of your workout and discuss your reaction with your doctor or other health care provider.

Work out to fight off depression

Any form of exercise can help combat depression and anxiety. Yoga has been found to reduce stress and help regulate mood. Stress is often linked with anxiety and depression, so yoga and destressing can help with your mental health as well as your physical health.



Make exercise social

One great way to motivate yourself to get up, move and stay on a schedule is to find someone to exercise with you. Having a friend or family member to regularly work out with can be inspiring. You can do something as simple as going on a walk around the neighborhood together. Change up your route to add variety so you don't get bored with it.

Get your steps in

Another great motivator to stay active is to monitor your steps. There are numerous devices you can use to track your activity. You should aim to get at least 10,000 steps a day. This amount has been shown to help prevent weight gain.

Staying active and exercising is important. Keeping a routine no matter your age will help your body stay strong and protect your health.