Are You Fit to Last? Measure Fitness After 50 at Home Transcript

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Flipping 50 retreat overview

Hello, we Hello, we missed you. It's a pity missed you. It's a pity you weren't here. So, you weren't here. So, we just finished we just finished a two-day intensive a two-day intensive for the Flipping 50 retreat. I for the Flipping 50 retreat. I want to tell you want to tell you about it as if you about it as if you were there and show you were there and show you how you can how you can replicate it. We are not replicate it. We are not holding another holding another retreat this fall.

retreat this fall. We may hold another one We may hold another one or two or two next spring or next spring or summer, depending on summer, depending on demand. We have a certain demand. We have a certain number of participants number of participants that we need to recruit.

that we need to recruit. There is a certain amount There is a certain amount that is excessive and we that is excessive and we will close registration.

will close registration. We had the We had the perfect lineup of 10 perfect lineup of 10 women this weekend. Just great. women this weekend. Just great.

But don't delay. I don't But don't delay. I don't want you to sit around want you to sit around and wait nine and wait nine months for a months for a new new new opportunity to come along. But there is a opportunity to come along. But there is a way to do it way to do it at home. I'll share at home. I'll share the link below so the link below so you can get the you can get the Flipping 50 program. We Flipping 50 program. We call it the call it the Severe Severe Severe Aging Index.

Musculoskeletal health

We almost did it all today. So, we did it all today. So, we started this retreat started this retreat by discussing by discussing musculoskeletal musculoskeletal musculoskeletal changes during changes during menopause and menopause and ways to ways to mitigate them. Just a mitigate them. Just a short presentation.

After getting to know each other and After getting to know each other and a little exercise, we a little exercise, we gathered to gathered to talk about what talk about what we do during we do during exercise and why it's so exercise and why it's so important to be important to be focused on the focused on the health of our bones, muscles, brain, and, muscles, brain, and connective connective connective tissue. These are our tissue. These are our ligaments, joints, and ligaments, joints, and everything that gives us everything that gives us pleasant sensations during pleasant sensations during movement or, conversely, movement or, conversely, limits our movements.

limits our movements. We must take care of We must take care of our connective our connective tissue. You tissue. You can probably recall can probably recall one joint that one joint that bothers you a little bothers you a little more now than it did 10 years more now than it did 10 years ago. So let's take ago. So let's take a look at this. That's where a look at this.

Longevity and strength tests

That's where we we we started. And after that, started. And after that, we moved on to longevity testing. You can longevity testing. You can download the PDF file download the PDF file below. Grab your below. Grab your sister or your best sister or your best friend from the neighborhood and friend from the neighborhood and do it with do it with them. You will have them. You will have a table in front of your eyes a table in front of your eyes so that you can say, so that you can say, "Okay, now I know "Okay, now I know the instructions on how the instructions on how to do this to do this height test." And you don't height test." And you don't necessarily need necessarily need

special special special equipment. You can equipment. You can train at home. You train at home. You can go to the can go to the local park, local park, hang out on the children's hang out on the children's ladders, and ladders, and time each other. You can time each other. You can use use use a swing, depending a swing, depending on the size of your hands. The. The swing bars have a slightly swing bars have a slightly larger diameter, so larger diameter, so they will be harder they will be harder to hold on to, but that is to hold on to, but that is essentially what is essentially what is needed for the needed for the height test. You don't height test. You don't necessarily have to have a horizontal necessarily have to have a horizontal bar at home.

bar at home. But you need a But you need a dynamometer. This is a device dynamometer. This is a device for measuring for measuring grip strength. It costs 30–35 grip strength. It costs 30–35 dollars. You can dollars. You can order it on Amazon.

order it on Amazon. It's very simple. If It's very simple. If you bought it and you did you bought it and you did n't like it. You know how easy it is to. You know how easy it is to make returns on make returns on Amazon, but it's worth the Amazon, but it's worth the investment. If you and investment. If you and a friend are doing this a friend are doing this together, have one of you together, have one of you buy it, or buy it, or throw in some money and throw in some money and say, "Hey, if say, "Hey, if you need to borrow it, you need to borrow it, it's yours." it's yours." Use it in Use it in turn. It's worth it.

turn. It's worth it. But everyone in your But everyone in your house should do this, house should do this, just to check. Grip just to check. Grip strength and barbell strength strength and barbell strength directly directly directly correlate with your overall body strength. So your overall body strength. So instead of instead of putting you at risk on a putting you at risk on a rep test or even rep test or even less, like a 3 less, like a 3 rep test, which rep test, which means working with means working with a lot of weight and a lot of weight and some risk. After all, some risk. After all, our principle is: our principle is: first, do no first, do no harm, right? Therefore, harm, right? Therefore, if we can if we can offer you a offer you a correlation test correlation test that is significantly less that is significantly less risky, we will risky, we will choose it every time choose it every time. So,. So, barbell height and barbell height and grip strength are grip strength are really indicators of really indicators of overall physical overall physical strength. To strengthen them, you strength. To strengthen them, you don't have to don't have to constantly squeeze constantly squeeze tennis balls.

However, if you have However, if you have arthritis or some arthritis or some autoimmune autoimmune autoimmune disease that disease that causes inflammation in your causes inflammation in your hand joints, you hand joints, you may find that this may find that this limits you, even limits you, even if your overall strength is if your overall strength is normal. You can normal. You can lift a heavy bag lift a heavy bag of dog food.

of dog food. You're the one to You're the one to call when you call when you need to lift something need to lift something heavy, but grip strength heavy, but grip strength becomes an issue because you becomes an issue because you can't get a firm can't get a firm grip on the weights or grip on the weights or dumbbells. To dumbbells. To help yourself, you might want help yourself, you might want to consider to consider reducing your reducing your reducing your consumption of certain consumption of certain inflammatory foods.

I won't I won't delve into this delve into this conversation right now, but conversation right now, but if you have any if you have any questions, let me questions, let me know. You know. You can also hold, can also hold, say, weight discs say, weight discs or something heavy with your or something heavy with your fingertips and fingertips and walk with that. Be walk with that. Be careful: remember careful: remember that it can that it can slip, and if slip, and if your grip is weak, your grip is weak, be prepared to be prepared to drop drop drop it on the floor, and that's it on the floor, and that's okay. So it's okay. So it's worth practicing in a worth practicing in a gym that has rubber gym that has rubber flooring, and it's flooring, and it's appropriate if the weight appropriate if the weight drops, but still drops, but still take care of your toes take care of your toes by holding the discs with just your by holding the discs with just your fingertips and fingertips and moving around. So, moving around. So, start with a light weight, test it, and then, test it, and then increase it. This can increase it.

Mobility and fitness battery

This can be helpful for be helpful for increasing increasing increasing grip strength, especially if grip strength, especially if you have rheumatoid you have rheumatoid arthritis, lupus, or arthritis, lupus, or Hashimoto's disease, Hashimoto's disease, as you are likely as you are likely more prone more prone to inflammation in your hands to inflammation in your hands and joints. We also and joints. We also conducted tests, conducted tests, such as a such as a mobility test: sitting on mobility test: sitting on the floor and standing up. You've the floor and standing up. You've probably seen probably seen others do it. We others do it. We performed performed performed up and down arm movements up and down arm movements to test to test shoulder mobility.

shoulder mobility. So, you check to see So, you check to see if your if your fingers are touching each other. Are fingers are touching each other. Are they they they at least roughly at least roughly nearby? What is the distance nearby? What is the distance between them? Therefore, it is between them? Therefore, it is useful to have a useful to have a partner for some partner for some tests to keep tests to keep track of the time. How long track of the time. How long can you hang? Are can you hang? Are your your your fingers touching behind your back?

How well are you able to How well are you able to get up from a chair get up from a chair within 30 seconds? within 30 seconds? You need someone to You need someone to keep an eye on the keep an eye on the timer. You can, of course, timer. You can, of course, look look look at the clock and at the clock and count yourself, but it's always count yourself, but it's always helpful to have someone helpful to have someone else watch.

else watch. So, we ran a So, we ran a few more tests. I few more tests. I will provide you with a complete will provide you with a complete list of tests below.

list of tests below. All of these tests All of these tests allow you to rate allow you to rate yourself on a scale that I will yourself on a scale that I will also provide. Table of also provide. Table of norms for women norms for women according to your according to your age group.

age group. Starting from 40 years and Starting from 40 years and beyond, broken down by beyond, broken down by decade, decade, decade, based on based on scientific data. So, scientific data. So, sorry. Yes. Your sorry. Yes. Your husband, partner, husband, partner, brother can undergo brother can undergo such tests. However, such tests. However, I don't have any standards for them I don't have any standards for them. So yes, I discriminated a little.

discriminated a little. There are also There are also tables of norms for tables of norms for men. And if you men. And if you want to know who the want to know who the male male male equivalent of Olympic 50 is, equivalent of Olympic 50 is, drop me a drop me a question below. I'll question below. I'll suggest two of my suggest two of my favorites that you favorites that you can turn to for can turn to for solutions and solutions and support.

Cardiovascular assessment

Okay, what support. Okay, what next? What else did we do next? What else did we do besides testing everyone? besides testing everyone? We ran this set of We ran this set of tests yesterday.

tests yesterday. This morning we This morning we did another test: did another test: I had most people I had most people on a on a treadmill, but some treadmill, but some did jumps, like squat jumps, to squat jumps, to get their breath back. We get their breath back. We tested tested tested how high the how high the heart rate gets during an heart rate gets during an interval of interval of 30 seconds or less.

30 seconds or less. How much How much breathing is impaired. breathing is impaired. What is their peak heart rate What is their peak heart rate? And? And in a minute—what is in a minute—what is he like? Because he like? Because the speed of your the speed of your recovery from recovery from one condition to one condition to another is indicative of another is indicative of your cardiovascular your cardiovascular fitness. We can go fitness. We can go to the lab. You to the lab. You can do it. You can do it. You can pay can pay somewhere between $200 and $300 to somewhere between $200 and $300 to go to a go to a lab and get lab and get tested in very tested in very uncomfortable conditions, uncomfortable conditions, where you're put in a where you're put in a big mask, where big mask, where you breathe in you breathe in oxygen so we can oxygen so we can measure how much of it

you have measure how much of it you have, and then how much you breathe out how much you breathe out to find out to find out how much oxygen you're how much oxygen you're consuming. The VO2 consuming. The VO2 max test, which is the pinnacle of max test, which is the pinnacle of cardiovascular cardiovascular cardiovascular fitness, measures fitness, measures the volume—that's "V"—of oxygen, the volume—that's "V"—of oxygen, which is "O2," hence "VO2": which is "O2," hence "VO2": the volume of oxygen you the volume of oxygen you consume in consume in milliliters per milliliters per kilogram of your kilogram of your body mass. This shows body mass. This shows your your your fitness level, fitness level, which is a much more accurate which is a much more accurate indicator of your indicator of your fitness, but again fitness, but again, it's not very, it's not very convenient. And unless you're going to convenient. And unless you're going to go to a go to a lab, get a lab, get a test, then test, then drastically drastically drastically change your regimen, change your regimen, and come back and come back for another checkup, you're for another checkup, you're unlikely to know unlikely to know if any changes have occurred.

if any changes have occurred. But if you do But if you do this simple home this simple home test, you're still test, you're still doing doing doing interval interval interval training. And if not, can training. And if not, can we we we talk after talk after class? Because you class? Because you should do it. This is should do it. This is very useful. In five to six weeks, you to six weeks, you can improve can improve your VO2 max your VO2 max or cardiovascular or cardiovascular endurance, which will endurance, which will reduce reduce reduce mortality, mortality, mortality, extend life, and extend life, and improve its improve its quality. You won't be out quality. You won't be out of breath when of breath when climbing stairs. You may be able to. You may be able to climb stairs with climb stairs with groceries without groceries without feeling short of breath.

I am now lovingly I am now lovingly carrying my 9- kilogram kilogram kilogram one-year-old, and one-year-old, and he is not going to get any he is not going to get any smaller. It won't smaller. It won't get any smaller. So get any smaller. So I need to be I need to be able to do this for a able to do this for a long time. And as he long time. And as he grows, I have to get grows, I have to get stronger, and I don't want to be stronger, and I don't want to be gasping for breath because I'm gasping for breath because I'm carrying him. So carrying him. So think about what you think about what you want from life and what want from life and what you need to you need to be be be strong enough to do it all with strong enough to do it all with ease without ease without feeling feeling feeling exhausted exhausted exhausted at the end of the day.

at the end of the day.

Movement and retreat details

This is the This is the main goal. So main goal. So when we did all of that when we did all of that, we also, we also added a lot of movement strategies during this added a lot of movement strategies during this two-day intensive. Movements that. Movements that may not be exactly like may not be exactly like how people how people normally move.

normally move. We often try to We often try to stand up. We are walking down stand up. We are walking down the corridor. We're going to get a the corridor. We're going to get a drink of water. We are going drink of water. We are going to the restroom. This is a movement.

to the restroom. This is a movement. This is walking. And it's a This is walking. And it's a great way to great way to break up your break up your sedentary sedentary sedentary lifestyle. But we also lifestyle. But we also need to need to need to compensate for that. We are compensate for that. We are sitting at tables. We're sitting at tables. We're a little more a little more hunched over like this.

hunched over like this. Even if we Even if we think we have think we have good good good posture. Therefore, we posture. Therefore, we need to need to roll our shoulders roll our shoulders back from time to time. Lower them back from time to time. Lower them down and make down and make several rotational several rotational movements. Open movements. Open your shoulders and take them your shoulders and take them back. rotating and back. rotating and getting lateral movement getting lateral movement as we either as we either sit with our sit with our hips over-flexed and hips over-flexed and we need to we need to open them up again. So, we've open

them up again. So, we've presented some of presented some of these things, you'll hear these things, you'll hear what people have said about what what people have said about what they've they've they've learned and what learned and what conclusions they've drawn. So, if you're planning on, if you're planning on coming to a retreat, coming to a retreat, whether it's in the Boulder Mountains, whether it's in the Boulder Mountains, we'll have one in we'll have one in June 2027. We June 2027. We always do always do one in early one in early June because it's June because it's the most beautiful time to the most beautiful time to be in Boulder. And we still have room. And we still have room for a few people to for a few people to stay stay stay put. We still have put. We still have many places for those many places for those who will live outside who will live outside. So if you. So if you know someone in know someone in Boulder, want to Boulder, want to stay in a hotel stay in a hotel nearby to manage on nearby to manage on your own, or an Airbnb your own, or an Airbnb where you can where you can retreat because you're an retreat because you're an introvert in the evening, that's introvert in the evening, that's still an option. But still an option. But hurry, because places hurry, because places on the territory on the territory are limited. And if you are limited. And if you want to get that want to get that “female “female “female dorm” experience where we dorm” experience where we all live together, you all live together, you need to need to book the last book the last few rooms. We'll few rooms. We'll do something do something later too. Several later too. Several Midwestern Midwestern Midwestern retreats will be held retreats will be held right here in the right here in the heart of the heart of the Midwest, intensives at Midwest, intensives at my home upon request. We ended. We ended this morning with, this morning with, well, a "hot to well, a "hot to trot" walk. You know, a little trot" walk.

The Halo method

You know, a little interval interval interval training and a little training and a little hill work with a hill work with a weighted vest, weighted vest, sharing sharing sharing experiences there. But we experiences there. But we also talk about the also talk about the Halo method for Halo method for assigning exercises. This is a assigning exercises. This is a patented method that I have actually been using and developing for actually been using and developing for over 42 years. I over 42 years. I recently recently recently improved it improved it because since 2013 we have because since 2013 we have been working exclusively with been working exclusively with fitness for menopausal women fitness for menopausal women who were not who were not getting getting getting results, who were results, who were frustrated because frustrated because following following following instructions or instructions or counting calories was counting calories was n't working.

in fact, it could have in fact, it could have had the had the opposite effect for them. opposite effect for them. Because we teach Because we teach doctors how to doctors how to prescribe prescribe prescribe exercise in a very exercise in a very short visit, and short visit, and we train our menopausal fitness specialists, menopausal fitness specialists, health coaches, and trainers health coaches, and trainers that we take that we take through our program through our program that has worked for us, and the system that we, and the system that we use with use with clients. We clients. We need something to need something to teach them, so that it's teach them, so that it's easy easy easy to see right away what someone to see right away what someone needs to do and what they needs to do and what they might might might want to give up. We want to give up. We call it the call it the Halo method. H is the hormonal Halo method. H is the hormonal phase you phase you are in. So whether are in. So whether you're premenopausal, you're premenopausal, perimenopausal, perimenopausal, menopausal, menopausal, transitioning, transitioning, transitioning, or postmenopausal, or postmenopausal, your your your fitness priorities mean fitness priorities mean something different at each something different at each stage. A stands for stage. A stands for active age. What active age. What you've been doing you've been doing lately, over the lately, over the last three last three months, and how months, and how consistently you've consistently you've been training, been training, tells me what tells me what you really you really need in terms of need in terms of exercise and what you exercise and what you need to need to need to focus on.

The next thing is The next thing is limitations, and limitations, and each of us has them. For each of us has them. For some of us, it's time and /or energy. For /or energy. For others, it is the presence of an others, it is the presence of an autoimmune autoimmune autoimmune disease. My disease. My joints hurt a little.

joints hurt a little. I I I get tired very quickly. Fatigue itself get tired very quickly. Fatigue itself may be one of may be one of them. So, I want to them. So, I want to leave you with a leave you with a plan, just like our plan, just like our retreat participants, after retreat participants, after you've passed your you've passed your fitness tests, and you

fitness tests, and you can do it on your can do it on your own. This own. This will require a little will require a little more study. You will more study. You will need more need more diligence in diligence in interpreting the interpreting the interpreting the results to results to understand what to do understand what to do next, but next, but at least you will have at least you will have at least you will have formulated a plan. These are the formulated a plan. These are the areas areas areas I need to I need to work on. Now you work on. Now you may be asking may be asking yourself: what can I yourself: what can I do to do to improve these improve these metrics? So you metrics? So you will take your fitness, will take your fitness, discipline, discipline, discipline, motivation, time and motivation, time and energy that you energy that you put in and put in and get better get better results. Therefore, I results. Therefore, I strongly strongly strongly recommend: test, recommend: test, don't guess.

Track your Track your results just results just like you would like you would using using using bioimpedance or bioimpedance or smart scales to assess smart scales to assess body composition, not just your body composition, not just your weight, but also your tests weight, but also your tests and how they and how they work. It's not work. It's not just your size, just your size, how your clothes fit, and your how your clothes fit, and your energy level that matter. Are energy level that matter. Are you sleeping better? Are you sleeping better? Are you feeling better?

you feeling better? Do you have more energy? Do you have more energy? Do you have better tone? Do you have better tone? This is great. But you This is great. But you also have to think also have to think about your tomorrow. Are about your tomorrow.

Implementation and takeaways

Are we really working we really working on what really matters on what really matters? Here's what our? Here's what our participants said about the participants said about the most important most important most important conclusion and what they conclusion and what they plan to plan to plan to implement.

implement. implement. Understanding what Understanding what hormones are, how they hormones are, how they affect my body, what I need to, what I need to change, and what to do change, and what to do to improve when to improve when I get home.

The importance of strength The importance of strength training. training. training. I need to do I need to do more HIIT. I more HIIT. I will do more HIIT.

I will add more HIIT I will add more HIIT to my workouts. I to my workouts. I want to add more want to add more yoga and stretching to yoga and stretching to my weekly my weekly workout schedule.

I need to I need to focus, I focus, I will focus more will focus more on my on my bone density through bone density through resistance exercises and resistance exercises and jumping. It was really was really helpful for me to see helpful for me to see where I am, because what where I am, because what you think about yourself is you think about yourself is probably not probably not true true, and now I can, and now I can implement what I implement what I need to need to improve.

improve. So what about you? If So what about you? If you are thinking about this, you are thinking about this, if you are trying to if you are trying to organize your organize your thoughts and the huge thoughts and the huge amount of information that amount of information that comes to you comes to you personally, this is exactly what a retreat is for. The opportunity to not retreat is for. The opportunity to not just escape from just escape from everyday life, to everyday life, to step out of that step out of that environment for environment for a minute to a minute to focus on yourself focus on yourself and finally ask and finally ask the questions that are truly the questions that are truly most important to you most important to you and your and your hormonal phase.

your age of activity, your age of activity, how long you have been how long you have been consistently consistently consistently exercising or not, and exercising or not, and what limitations you have.

For some of us, it's For some of us, it's time and energy. For time and energy. For others, it's something more. But we did. But we did a lot of fitness testing that testing that showed that even showed that even active women active

women may not be may not be focusing their efforts focusing their efforts on what really on what really affects affects affects longevity. So once longevity. So once you have a reference point and you have a reference point and an answer, you'll an answer, you'll know how to know how to check it again check it again when you're home. So, when you're home. So, you are in full you are in full control of the control of the verification process, not having to verification process, not having to go anywhere or go anywhere or depend on others, but depend on others, but doing what is easy to doing what is easy to do yourself.

do yourself. So there is no So there is no intimidation factor. intimidation factor. It's very simple. Now It's very simple. Now you have the tables and you you have the tables and you know how to figure out know how to figure out what will be important what will be important to your 85-year-old to your 85-year-old self and make your self and make your life today life today brighter and easier.

So if it's your So if it's your turn, message me turn, message me below if you'd like to below if you'd like to know more about know more about when the when the