How to Begin and Progress Exercise After 50 Transcript

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Introduction and live Q&A setup

Hello, good morning. It seems we are on the air.. It seems we are on the air. I have to admit, I haven't done this in a very long time. I've been here on YouTube since around done this in a very long time. I've been here on YouTube since around 2013-14, I 2013-14, I think. And in all think. And in all this time, I've this time, I've probably only been on the air two or three times. But there are or three times. But there are so so so many new people here today.

So I'm in my So I'm in my podcast studio right now, where I podcast studio right now, where I have a second screen with have a second screen with questions I've questions I've collected from recent collected from recent videos. So I'll get straight videos. So I'll get straight to the point.

to the point. We have 20 questions. We are We have 20 questions. We are literally playing "20 literally playing "20 Questions". Remember Questions". Remember this game? If you this game? If you joined us joined us live, feel live, feel free to ask free to ask questions in the chat. We questions in the chat. We will try to will try to will try to pay attention to this pay attention to this and monitor it. But in about an and monitor it. But in about an hour I have a hour I have a date with my date with my beloved one-year- beloved one-year- old. So we'll old. So we'll try to be try to be quick, quick, quick, concise, and concise, and answer answer answer questions to questions to help you get started help you get started or continue, or continue, focusing on what's focusing on what's most important. I also want to also want to warn you that warn you that trusting anyone on the trusting anyone on the internet can be internet can be a bit dangerous.

Fitness advice disclaimer and coaching background

So I'll start with a So I'll start with a question that no one has question that no one has asked, but I asked, but I hope you will hope you will. What gives me the. What gives me the right to give you right to give you fitness advice?

fitness advice? I'll answer this I'll answer this right away, and I hope right away, and I hope you're asking everyone about it you're asking everyone about it. And I hope you take into account you take into account the comments that are there.

the comments that are there. They may They may come from other come from other users. They users. They may be from a may be from a trainer, but if you are trainer, but if you are not sure that he not sure that he has expertise, has expertise, experience, proven experience, proven results, and results, and takes your takes your specific needs into account, be specific needs into account, be careful. Here's what you careful. Here's what you should remember about should remember about this case. This gives this case. This gives you the opportunity you the opportunity to get to get to get advice and advice and answers to questions, answers to questions, but it is a one-way but it is a one-way interaction. On the one interaction. On the one hand, you asked these hand, you asked these questions and I questions and I answer them, but I am not answer them, but I am not your coach because I do your coach because I do n't know you. I haven't studied n't know you. I haven't studied your your your health history. I haven't studied health history. I haven't studied your your your physical activity history.

physical activity history. At Flipping 50, we have a At Flipping 50, we have a four-step questionnaire four-step questionnaire that I have been using that I have been using for four and a for four and a half half half decades and now decades and now teach to coaches who teach to coaches who work with women work with women during and during and after menopause. Is it your after menopause. Is it your hormonal status, what hormonal status, what stage you are at, your stage you are at, your “fitness age”, are you a “fitness age”, are you a beginner or more beginner or more experienced? I'm experienced? I'm addressing this a little more to addressing this a little more to beginners because I beginners because I get a lot of get a lot of questions from people questions from people who are starting or who are starting or want to start. And then there are want to start. And then there are your limitations. For your limitations. For some of us, it's time and some of us, it's time and energy. We all have a

energy. We all have a limited supply of them, but limited supply of them, but it can also it can also mean sore mean sore knees, aching joints, something other than, something other than knees, knees, knees, lower back problems, lower back problems, osteoporosis, osteoporosis, osteoporosis, osteopenia. I don't osteopenia. I don't consider these to be consider these to be limitations, but you limitations, but you may think may think otherwise. Today we will otherwise. Today we will discuss this. You discuss this. You may have something else: may have something else: fibromyalgia, fibromyalgia, fibromyalgia, rheumatoid arthritis, rheumatoid arthritis, bone rubbing, a bone rubbing, a recent recent recent joint replacement or one that needs to joint replacement or one that needs to be done.

be done. You may have You may have problems with your problems with your rotator cuff rotator cuff. You may have. You may have bursitis, tendonitis, or bursitis, tendonitis, or plantar fasciitis.

The list is much The list is much longer, but I have to longer, but I have to consider: what would we consider: what would we like to do at a like to do at a certain certain certain hormonal stage hormonal stage and what should we and what should we exclude due to any restrictions? Otherwise, any restrictions? Otherwise, we will we will be asking you to be asking you to do something that could do something that could be harmful or be harmful or hurt you. And there hurt you. And there may be may be conflicting conflicting conflicting exercise prescriptions needed, say, for, say, for osteoporosis and osteoporosis and rheumatoid rheumatoid rheumatoid arthritis. And we always arthritis. And we always choose what choose what will cause the least will cause the least harm. We don't mean any harm. We don't mean any harm. And the last harm. And the last step, the fourth thing step, the fourth thing we take into we take into account, is the account, is the most important most important most important priorities, both for priorities, both for you and for me as a you and for me as a coach, or if you're coach, or if you're working with a doctor: working with a doctor: what are the main what are the main outcomes we outcomes we need right now? And I'll need right now? And I'll tell you, if one of the things tell you, if one of the things you want you want is to lose weight and you're is to lose weight and you're not sleeping, then sleep would be not sleeping, then sleep would be my my my number number number one priority. And this doesn't mean you one priority. And this doesn't mean you have to go anywhere, have to go anywhere, because exercises, if because exercises, if done correctly, can help, can help you fall asleep. So, in my you fall asleep. So, in my 42 years as a 42 years as a strength strength strength and and and conditioning coach, conditioning coach, exercise therapist, exercise therapist, creator of Flipping 50, and creator of Flipping 50, and senior lecturer in senior lecturer in kinesiology at Iowa State University, I've been on Iowa State University, I've been on both sides of the fence.

I have worked as an expert I have worked as an expert for major fitness associations, meaning I associations, meaning I help write help write certification certification certification exams that exams that fitness instructors, fitness instructors, wellness coaches, wellness coaches, personal trainers, personal trainers, and exercise therapists take to become to become certified. So I certified. So I know what the know what the coaches know, and I know what they coaches know, and I know what they need to know. I need to know. I know what they know what they learn at learn at university in a university in a four-year four-year four-year program and what they don't.

Best beginner exercises and starting weights

And I know what And I know what gyms need to hire an gyms need to hire an employee, and there's a employee, and there's a gap between what gap between what we—50- we—50-, 60-, or 70-year-olds—need to know and what, 60-, or 70-year-olds—need to know and what they actually they actually know when they know when they come to work.

So, while providing you with So, while providing you with answers to these answers to these questions, know that questions, know that someone else could someone else could answer better answer better if you worked if you worked individually. And if individually. And if you would like to have a you would like to have a short consultation short consultation with me, you can with me, you can do so. But let's do so. But let's try to answer try to answer some of your some of your questions better questions better right now.

right now. Question number one, Question number one, and we have 20 in total. and we have 20 in total. What exercises should I What exercises should I start with and can you start with and can you demonstrate them?

demonstrate them? That was a question from the That was a question from the video. So, the video. So, the most important exercises most important exercises to start with— I recently released I recently released a video about six exercises that everyone should do that everyone should do after 50.

These are complex These are complex multi-joint multi-joint multi-joint exercises, such as exercises, such as squats. squats. squats. Squats involve Squats involve the hip, knee, the hip, knee, and ankle and ankle joints. So, we joints. So, we have multiple have multiple joints, which joints, which means multiple means multiple muscles. Compound muscles. Compound exercises mean that exercises mean that we are engaging many we are engaging many muscles at the same time, and these muscles at the same time, and these movements are very movements are very functional. We functional. We do this in do this in everyday life: everyday life: when we sit down or when we sit down or stand up. Traction stand up. Traction exercises. You can exercises. You can call them rowing, call them rowing, you can call them pull-ups, depending on, depending on who you are and what you can who you are and what you can do. But this do. But this pull works through pull works through your back and biceps.

your back and biceps. Pushing exercises: Pushing exercises: chest press, chest press, push-ups. This push-ups. This works the works the pectoralis major—the pectoralis major—the pectoralis major—and the pectoralis major—and the triceps on the back of the triceps on the back of the arm. That's a arm. That's a lot of major lot of major muscle groups in just these muscle groups in just these three exercises, and I three exercises, and I want you to want you to understand: if you're understand: if you're short on time or short on time or energy, or you're energy, or you're just starting out, I'd just starting out, I'd recommend starting with recommend starting with these. Do them these. Do them correctly, alternating: correctly, alternating: one, two, three, one, two one, two, three, one, two, three, one, two,, three, one, two, three, and repeat.

Gradually working up to Gradually working up to three or four three or four sets is a great sets is a great idea, and later you can idea, and later you can add more weight and add more weight and expand the number of expand the number of exercises. We exercises. We can also mention the can also mention the deadlift, which deadlift, which consists of bending at the consists of bending at the hip joints hip joints with a slight bend in the with a slight bend in the knees. We're still knees. We're still working the glutes, quadriceps, and, quadriceps, and hamstrings hamstrings —the large muscles of the —the large muscles of the lower body.

This is very beneficial for This is very beneficial for leg strength, which is linked leg strength, which is linked to longevity, and it to longevity, and it also helps also helps metabolism metabolism metabolism because larger muscles that become that become stronger and stronger and recruit more recruit more fibers burn or fibers burn or expend more expend more calories every day, not calories every day, not only during only during workouts, but also when you workouts, but also when you walk around the house, do walk around the house, do laundry, or laundry, or climb stairs. You expend. You expend more energy more energy because your muscles are stronger, because your muscles are stronger, work work work harder, harder, harder, require more require more energy, and everything becomes energy, and everything becomes easier because you have easier because you have more muscle. So, more muscle. So, these are the most important types of these are the most important types of movements you want movements you want to perform. Here's how you to perform. Here's how you get started. There is a video get started. There is a video that shows you that shows you some of them. We'll some of them. We'll do another one for do another one for beginners, which will be beginners, which will be very slow, step very slow, step by step, joint by by step, joint by joint. Question joint. Question two: what weight should two: what weight should I use I use if I've never if I've never trained before? That's a trained before? That's a great question, and I'll great question, and I'll elaborate on it a little. I elaborate on it a little. I can't tell you can't tell you exactly how to lift 3, 10, exactly how to lift 3, 10, or 20 pounds, and or 20 pounds, and neither can anyone else. You will neither can anyone else. You will have to have to have to experiment.

experiment. experiment. You will have to You will have to test. But here's where test. But here's where I would advise you to I would advise you to start. When we give start. When we give advice to beginners, I advice to beginners, I want you to want you to focus on more than just focus on more than just weight. I suggest a weight. I suggest a range of repetitions.

So we start with So we start with beginners with beginners with more more more repetitions. This means you will be able to take you will be able to take less weight and reach less weight and reach fatigue with it if fatigue with it if

necessary. When I necessary. When I want you to do want you to do very few repetitions, very few repetitions, it won't be until it won't be until you have a you have a few few few months of experience, if not months of experience, if not more. Then you'll more. Then you'll have to take have to take more weight if I more weight if I want you to want you to fatigue in just fatigue in just five reps.

five reps. In general, for In general, for beginners, the range that can be advised to that can be advised to anyone is anyone is from 6 to 30 repetitions from 6 to 30 repetitions to develop muscular to develop muscular strength and endurance.

strength and endurance. But that's a big But that's a big range. For range. For starters, we starters, we take the upper take the upper end of this end of this range. I don't range. I don't like to see like to see too many too many repetitions. I don't like to repetitions. I don't like to give someone a give someone a range of 25 to 30, range of 25 to 30, because that starts because that starts to cause wear and tear on the to cause wear and tear on the joints. You and I will joints. You and I will probably all probably all get some kind of get some kind of arthritis because we arthritis because we will live longer. And will live longer. And we want to take care of we want to take care of those joints. So, just as we those joints. So, just as we may not want to may not want to lift too lift too heavy, we also don't heavy, we also don't want to do too want to do too many reps.

many reps. Therefore, a range of 15 Therefore, a range of 15 to 20 is quite to 20 is quite reasonable. So if reasonable.

Training frequency, recovery, and full-body vs split routines

So if you're aiming for 20, if you're aiming for 20, if you want to be you want to be cautious, that's a good cautious, that's a good number to start with. No number to start with. No more than that.

more than that. Probably 15—that's Probably 15—that's reasonable, and you're probably reasonable, and you're probably carrying heavy carrying heavy grocery bags. You grocery bags. You probably already probably already lift weights in lift weights in some sense in some sense in your life, even your life, even if you don't pick up if you don't pick up dumbbells. I want dumbbells. I want you to remember this: do you to remember this: do you you you garden? Do garden? Do you raise you raise pets? Are pets? Are you raising children?

you raising children? Do you move Do you move furniture yourself? Do furniture yourself? Do you lift heavy you lift heavy baskets of laundry or baskets of laundry or groceries? This is all taken into account in a certain way. So, taken into account in a certain way. So, you already have a you already have a load. So I would load. So I would start with 15-20 start with 15-20 reps. You reps. You start as a start as a true beginner: true beginner: one or two approaches.

So, you take the exercises So, you take the exercises I just mentioned— squats, squats, squats, push-ups, and push-ups, and pull-ups— pull-ups— do them 15-20 do them 15-20 times, then do one more times, then do one more set, finish, and set, finish, and listen to how listen to how you feel.

you feel. The main secret for a The main secret for a beginner is to finish your to finish your to finish your workout with workout with the feeling that you the feeling that you could have done could have done more. This is wise. This is more. This is wise. This is much better than the much better than the opposite feeling— that you've done that you've done too much. I think we can too much. I think we can all agree that in our all agree that in our youth we would youth we would do too do too much too soon, thinking we could, thinking we could endure it, but we did endure it, but we did n't have the stamina then that we have now. So take your time now. So take your time. So,. So, how many repetitions how many repetitions should you do for should you do for each exercise? That each exercise? That was question number was question number three, and it's actually the three, and it's actually the same question. When you same question. When you ask what weight you ask what weight you should use, a good should use, a good trainer will answer: trainer will answer: one with which you can one with which you can perform 15–20 perform 15–20 repetitions. So, that's repetitions. So, that's the answer to both of the answer to both of these questions. Here's what you these questions. Here's what you can do if can do if you feel like a you feel like a complete beginner and are complete beginner and are nervous. You are afraid of nervous. You are afraid of getting

injured. I would getting injured. I would recommend doing this without recommend doing this without weights. Watch weights. Watch the video instructions and don't the video instructions and don't pick up any pick up any weights.

weights. Focus on Focus on your own body weight and your own body weight and coordination, coordination, coordination, place a mirror place a mirror in front of you to see in front of you to see your movement and your movement and compare it with your compare it with your execution technique.

Until you have good Until you have good control over your control over your body, don't add body, don't add weight. Then look weight. Then look in the kitchen, find in the kitchen, find plastic plastic water bottles, which are often water bottles, which are often given away for free, given away for free, fill them with sand fill them with sand or pebbles—and there or pebbles—and there you have a 2–4 ??kg weight, you you have a 2–4 ??kg weight, you don't even need to don't even need to buy anything.

You can also take You can also take grocery bags, which you grocery bags, which you probably have in your probably have in your pantry, fill them with pantry, fill them with cans of soup, and cans of soup, and lift them. So, there are lift them. So, there are many ways to many ways to do this. Question do this. Question number four: number four: Can the six exercises Can the six exercises I recently I recently showed in the video showed in the video become my become my full full twice-weekly workout program?

twice-weekly workout program? They can. You will not They can. You will not do them just do them just once. To start, once. To start, once is once is enough, but over enough, but over a few weeks you a few weeks you will increase the number will increase the number to at least two to at least two sets for each sets for each exercise. Over time, after exercise. Over time, after a few weeks, you a few weeks, you do three sets do three sets until you say, "I until you say, "I feel pretty feel pretty good." Everything is good." Everything is going very well for me.

going very well for me. And then you will And then you will do what you will do to do what you will do to increase the weight. So, you increase. So, you increase the number of sets, you the number of sets, you increase the weight, and increase the weight, and even while keeping the even while keeping the same number of same number of repetitions, you will repetitions, you will get stronger.

So you will outgrow those So you will outgrow those initial weights you initial weights you used. used. used. Even if you're still Even if you're still doing 15 to 20 doing 15 to 20 reps. Then, reps. Then, after a few weeks, after a few weeks, you say, “I you say, “I feel pretty feel pretty good now. I became good now. I became stronger. I think I'll stronger. I think I'll try to gain try to gain weight." And we would say, weight." And we would say, "Let's try to "Let's try to do just 12-15 do just 12-15 reps." You will reps." You will need more need more weight. So if you weight. So if you use use use grocery bags with grocery bags with soup cans, it's soup cans, it's probably worth probably worth putting another one in there. This is putting another one in there. This is just a nice just a nice illustration. Fifth illustration. Fifth question: is it question: is it normal to lift normal to lift weights three times a week, or is it better to lift twice? Here is, or is it better to lift twice? Here is the answer to that. If the answer to that. If you are a beginner, I would you are a beginner, I would recommend starting with two recommend starting with two times. Twice is the times. Twice is the minimum number of minimum number of times needed to times needed to stimulate the major stimulate the major muscle groups. Some of muscle groups. Some of you workaholics you workaholics immediately hear the word " minimum" and think: " Then I need to Then I need to do more." After do more." After that. Not necessarily.

that. Not necessarily. You need to You need to track your track your muscle strength. You muscle strength. You need to monitor need to monitor your skeletal your skeletal muscle mass, body fat percentage, body fat percentage, energy levels, sleep quality, energy levels, sleep quality, any pain, and any pain, and make sure you are make sure you are recovering, recovering, recovering, gaining strength, and gaining strength, and energy. And if that's the case, you can say, " I'm getting great I'm getting great results." I don't results." I don't need to do need to do more to achieve more to achieve good results.

good results. So why do I need this? So why do I need this? Or you could say, “You know what? I “You know what? I really like really like playing sports. "I playing sports. "I want to see if it will want to see if it will give three

times better give three times better results." You results." You can always add to can always add to the load, but it's the load, but it's much harder much harder to reduce it if to reduce it if you've done too much.

So, one of the challenges So, one of the challenges for many women for many women during menopause, during menopause, especially if you're especially if you're dealing with dealing with a lot of signs and a lot of signs and symptoms: symptoms: symptoms: hot flashes, night hot flashes, night sweats that sweats that keep you up at night or other keep you up at night or other things that interfere with things that interfere with sleep, limited sleep, limited insomnia (not meaning insomnia (not meaning it's every day, but you're it's every day, but you're not sleeping well a few not sleeping well a few nights a week or you're nights a week or you're not feeling not feeling rested)—all of these things rested)—all of these things prevent you from prevent you from recovering. And recovering. And if you're not if you're not recovering, and all you recovering, and all you feel during your feel during your workouts is fatigue, workouts is fatigue, pain, or more frequent pain, or more frequent injuries, then the problem is most likely your training frequency. So I would your training frequency. So I would always advise always advise starting with two. There's nothing wrong with nothing wrong with three, but for three, but for most of our program participants, I suggest program participants, I suggest this approach: if this approach: if you want to work out you want to work out three times a week, three times a week, do your core do your core strength training on, strength training on, say, Monday say, Monday and Friday, and and Friday, and do something lighter on Wednesday.

In fact, flow In fact, flow yoga can become yoga can become part of a strength part of a strength training routine because it's more training routine because it's more functional: you functional: you get side get side bends, rotations, bends, rotations, single-leg work —we call it —we call it unilateral exercises, which improve, which improve balance and balance and stability, as well as stability, as well as increase muscle increase muscle mass. Overall, your mass. Overall, your fitness level fitness level increases increases increases not because you're doing the not because you're doing the same thing over and over again, but because same thing over and over again, but because you're doing two you're doing two key things for strength key things for strength and power, and one and power, and one for mobility, for mobility, rotation, rotation, rotation, stability, and stability, and lateral tilts that are lateral tilts that are n't found in regular n't found in regular linear movements. So, linear movements. So, it's a great combination.

it's a great combination. If you love yoga, If you love yoga, you might say, "Oh, you might say, "Oh, I already do that." and I already do that." and not even not even realize you've realize you've already done it. OK.

already done it. OK. For those of you who For those of you who really like really like to train more— I understand, I want to I understand, I want to come back to this come back to this question. I'm just like question. I'm just like you, aren't I? But I've also noticed? But I've also noticed that when I train that when I train less, less, less, I get I get stronger on the days I do. I lift stronger on the days I do. I lift more weight, but it does more weight, but it does n't feel heavier.

Or I do more Or I do more reps if that's the reps if that's the workout and it doesn't workout and it doesn't seem more difficult. So the main thing is not So the main thing is not just to do more, just to do more, but to do but to do really high- really high- quality work. We can quality work. We can lose lose lose effectiveness if effectiveness if we train too we train too often. We lift often. We lift less weight. We are not less weight. We are not operating at full operating at full capacity. And as we age, capacity. And as we age, this is exactly what we this is exactly what we lose. We lose. We can't hit the high can't hit the high notes anymore. I'm not a singer, but notes anymore. I'm not a singer, but you know what I mean. We have to work. We have to work at maximum at maximum speed. We must speed. We must work at the limits of work at the limits of our strength our strength capabilities, because it is capabilities, because it is these qualities that we these qualities that we will lose over time. And it will lose over time. And it starts with us starts with us becoming less becoming less strong, less strong, less agile, and less agile, and less fast. This is starting fast. This is starting to narrow our world.

to narrow our world. So, quality is So, quality is more important to us now more important to us now than than ever, even if you ever, even if you think, “I think, “I trained every day trained every day when I was X.” Me when I was X.” Me too. But, to be honest, I may not have been in the, I may not have been in the same shape as I am now.

same shape as I am now. So consider this and So consider this and see how it see how it resonates. resonates.

resonates. Question Six: Should Question Six: Should I train my entire I train my entire body in one session, body in one session, or split it into or split it into upper and upper and lower body days?

Here is my answer, and Here is my answer, and it is based on both it is based on both professional experience and my my my personal personal personal observations. By observations. By the way, there's nothing the way, there's nothing wrong with wrong with dividing your workouts dividing your workouts into upper and lower. But I into upper and lower. But I mentioned mentioned mentioned this a little bit earlier.

this a little bit earlier. Recovery is a Recovery is a real challenge for real challenge for many women during many women during and and and after menopause. Not because there's after menopause. Not because there's anything wrong with you, anything wrong with you, but because we don't have any estrogen anymore. We are not so estrogen anymore. We are not so resilient anymore.

resilient anymore. Need more Need more rest time between rest time between workouts. workouts. workouts. We need more sleep, We need more sleep, and some of us don't and some of us don't get it, or the quality of sleep isn't good enough get it, or the quality of sleep isn't good enough,,, even if we even if we spend spend spend enough time in bed. We do enough time in bed. We do n't sleep as deeply n't sleep as deeply or or or wake up often. Plus, wake up often. Plus, we're trying to we're trying to lose weight, which may lose weight, which may mean we're not mean we're not eating enough. And you also eating enough. And you also need need need microelements. We need carbohydrates, need carbohydrates, proteins, and if we proteins, and if we diet and diet and try to try to try to minimize calories, we lose the, we lose the building blocks building blocks for recovery that for recovery that we really need.

So, even though you're So, even though you're working different working different muscle groups and, muscle groups and, theoretically, theoretically, theoretically, recovering, you're not recovering, you're not training your upper training your upper body, you're body, you're working your lower body.

Your body as a whole, Your body as a whole, your overall your overall system may not have time to system may not have time to recover recover. And if you train your. And if you train your whole body, you have whole body, you have fewer hard days and fewer hard days and you get significantly you get significantly more more more recovery time in between.

So, my answer is: So, my answer is: if you were a beginner, I would start with, I would start with full-body workouts full-body workouts twice a week.

twice a week. Try to live in Try to live in this mode. this mode. Try it on yourself. Do this for months. Do this for months and gradually and gradually increase the number of increase the number of sets, exercises, and sets, exercises, and working weight. And then, working weight. And then, if you feel if you feel great, you have a lot of great, you have a lot of energy, you're energy, you're recovering well, and your recovering well, and your stress level is stress level is low—because that also low—because that also affects affects affects recovery—then recovery—then recovery—then you can you can you can experiment.

experiment. Divide your workout Divide your workout into upper and lower portions and just into upper and lower portions and just honestly assess your honestly assess your condition. Each of us is a unique case.

Workout structure, farmer's walks, and lunge alternatives

You are your own You are your own subjects in subjects in your own research. So, there's nothing. So, there's nothing wrong with that. I would wrong with that. I would just continue to just continue to monitor monitor monitor body fat percentage, body fat percentage, skeletal skeletal skeletal muscle mass, and strength to muscle mass, and strength to see if it's see if it's really working and if really working and if I'm achieving what I I'm achieving what I want. And I would warn want. And I would warn against this. If you against this. If you get tired quickly and get tired quickly and do what I do what I call “couch call “couch compensation”—you compensation”—you compensation”—you work out and then complain the rest of the day, “I’m so complain the rest of the day, “I’m so tired.” I was tired.” I was training. You training. You lose the other 16 lose the other 16 hours of the day when you

should hours of the day when you should be more active, more be more active, more energetic, energetic, energetic, spontaneously moving spontaneously moving for 16 hours a for 16 hours a day. We call this day. We call this non-training non-training non-training activity time. This is activity time. This is actually more important actually more important for your risk of for your risk of obesity and obesity and disease than that disease than that one 30-minute or 60- minute workout.

So you want to find a middle So you want to find a middle ground ground ground so that exercise gives you so that exercise gives you more life, rather than more life, rather than making you suffer making you suffer in pain on the couch.

So think about it So think about it from this perspective, and then from this perspective, and then definitely definitely definitely try it. I would never try it. I would never say "don't do say "don't do it" because it's a great it" because it's a great activity to activity to ask about, but ask about, but the question always the question always comes down to do comes down to do you really have the you really have the time for it? And I will tell you time for it? And I will tell you about my own about my own experience. I've always been a experience. I've always been a fan of fan of fan of full-body workouts because it just made because it just made more sense. If I more sense. If I can't do it can't do it today as planned, I can postpone it until, I can postpone it until tomorrow, and I have a tomorrow, and I have a lot of freedom. And lot of freedom. And life is a mess, life is a mess, have you noticed? In have you noticed? In middle age, this is middle age, this is felt more than felt more than ever. And when I ever. And when I tried it and announced it to tried it and announced it to our community, I our community, I said, this is what I'm going to said, this is what I'm going to do. I'll do one do. I'll do one upper upper upper body workout and then body workout and then split it up into lower and split it up into lower and upper. So I do a upper. So I do a full- full- full- body workout, and on Thursday and body workout, and on Thursday and Friday, I do upper Friday, I do upper and lower body workouts separately, or vice versa. Three and lower body workouts separately, or vice versa. Three workouts a workouts a week. And I got lost. I week. And I got lost. I got off schedule got off schedule after just a couple of weeks.

after just a couple of weeks. I had to I had to travel. It just did travel. It just did n't work out. And then you're n't work out. And then you're left thinking, " Okay, should I make up for what Okay, should I make up for what I I I missed?" Should I do missed?" Should I do both? Should I both? Should I skip it? Or…? And this all skip it? Or…? And this all gets very gets very complicated very quickly.

Whereas with full Whereas with full body training, I find it's body training, I find it's very easy to say, " Okay, I can do a Okay, I can do a short workout short workout or move it to a or move it to a day," and nothing goes day," and nothing goes wrong. So I guess wrong. So I guess it might also it might also depend on your depend on your schedule. If you have schedule. If you have a few outside a few outside affairs that you don't affairs that you don't always control, always control, this might suit you this might suit you better. And I consider this a better. And I consider this a significant factor. So, um… Here's my, um… Here's my answer. Number Seven: answer. Number Seven: "How much recovery do "How much recovery do I need if I I need if I alternate alternate alternate upper and lower upper and lower body workouts?" So, a body workouts?" So, a very related very related question. So I'm question. So I'm glad they're following glad they're following each other. So, each other. So, you still need a you still need a minimum of 48 hours between minimum of 48 hours between training the training the same same same muscle group—this has always muscle group—this has always been the recommendation.

been the recommendation. But I want to make this But I want to make this very, very clear. Someone thought or Someone thought or interpreted this as "I have to interpreted this as "I have to do this do this every 48 hours." And this is every 48 hours." And this is not true. There is a not true. There is a wide range, a wide range, a wide continuum of wide continuum of our need for our need for recovery. And just because recovery. And just because you're experienced or you're experienced or fit doesn't mean fit doesn't mean you need less you need less recovery time.

When you're just When you're just starting out, you'll starting out, you'll probably need probably need a little more time to a little more time to recover than when recover than when you're better you're better prepared and in prepared and in shape. This is true.

However, if we However, if we look at, say, look at, say, Olympic Olympic Olympic athletes, and they are all athletes, and they are all mostly between the ages of mostly between the ages of 10 and 20-plus 10 and 20-plus. If we. If we take five of take five of them and give them the them and give them the same same same training plan, whether they're training plan, whether they're swimmers, swimmers, swimmers, cyclists, or cyclists, or runners, some of them runners, some of them will take 2 days and will take 2 days and they'll be fine. Others may. Others may need a week need a week before they can before they can repeat it. One repeat it. One day they did day they did an experiment, and it an experiment, and it will seem will seem crazy to you. This crazy to you. This may sound like fiction, may sound like fiction, but it is an absolutely but it is an absolutely true story.

true story. They took a group of They took a group of elite cyclists. They gave them all the. They gave them all the same workout, same workout, and then looked at and then looked at how long it how long it actually took them actually took them to fully to fully recover. So, recover. So, cardiovascular, cardiovascular, cardiovascular, respiratory systems, respiratory systems, muscle recovery, muscle recovery, enzymes in the muscles— all of that. Some of them all of that. Some of them took 180 days.

took 180 days. It's almost 6 It's almost 6 months. Isn't this months. Isn't this madness? But for madness? But for them to fully them to fully recover, because they were recover, because they were all actually all actually overtrained. Some overtrained. Some of them were ready of them were ready to do it all over again to do it all over again within a week. But within a week. But they were forced they were forced to overtrain to overtrain to overtrain on purpose because they wanted to on purpose because they wanted to demonstrate it.

demonstrate it. But these were elite But these were elite cyclists. The difference cyclists. The difference was so was so dramatic. Some are dramatic. Some are ready in a week, ready in a week, some not earlier than some not earlier than in 6 months. So in 6 months. So realize that you are realize that you are special not just because you are 50 or 60 or you are 50 or 60 or something years old. You are something years old. You are simply different simply different from anyone else.

from anyone else. If you have a daughter, If you have a daughter, you may actually you may actually recover faster recover faster than her. This is less than her. This is less likely, but can likely, but can happen if she happen if she recovers recovers recovers more slowly. So it's an more slowly. So it's an interesting concept.

interesting concept. So, I would So, I would suggest the suggest the suggest the following. I've found that following. I've found that 72 hours is 72 hours is actually the best actually the best time to time to recover. So, recover. So, for example, if you're for example, if you're training a muscle group, full body and full body,, full body and full body, or if you're doing or if you're doing lower body and lower body and upper body, I upper body, I would do it on would do it on Monday and not until Monday and not until Thursday. And that Thursday. And that means twice a means twice a week for this week for this muscle group. But if muscle group. But if you do a split workout, you can workout, you can do upper do upper body and lower body body and lower body on Monday, on Monday, Tuesday, upper and Tuesday, upper and lower on Thursday, lower on Thursday, Friday, and that Friday, and that would be fine too. You would be fine too. You still have four still have four workouts, and you gave yourself workouts, and you gave yourself 72 hours between 72 hours between workouts of the same workouts of the same muscle group, even muscle group, even if you did them if you did them back-to-back. Nowadays, many back-to-back. Nowadays, many people who do a people who do a split program split program add sets and add sets and exercises. Therefore, when exercises. Therefore, when training in a row, training in a row, your body may or your body may or may may may not recover, depending on not recover, depending on what else you are doing. Because what else you are doing. Because this, again, is this, again, is systemic. It's your whole systemic. It's your whole hormonal system, hormonal system, your endocrine your endocrine system, for example, your system, for example, your stress level, your stress level, your adrenal glands—everything has to adrenal glands—everything has to recover. It's not recover. It's not just "my chest just "my chest muscles need to muscles need to recover because I recover because I trained them." There are trained them." There are many nuances here, and many nuances here, and during menopause you during menopause you may notice that may notice that you don't have as much you don't have as much freedom of action as you did when you were freedom of action as you did when you were younger. So I younger. So I would advise being would advise being open to open to experimentation and the experimentation and the data data data your body gives you. Number your body gives you. Number eight: If I eight: If I only have 30 minutes, how do I only have 30 minutes, how do I organize these organize these exercises? These exercises exercises?

These exercises probably relate to probably relate to a video I a video I recently made about recently made about these six exercises that women should do during women should do during menopause. The way they are menopause. The way they are organized can organized can vary, there are many vary, there are many ways to put this ways to put this puzzle together. If we have puzzle together. If we have six exercises. Number six exercises. Number one is circuit one is circuit training. This training. This means that we means that we do all six do all six exercises. We do exercises. We do one through six, and one through six, and then we come back and then we come back and do one do one through six again. And we do through six again. And we do from one to six. On from one to six. On average, one average, one set of exercises takes set of exercises takes about a minute. So, if you did two, if you did two sets of six sets of six exercises, are you counting exercises, are you counting with me? So, with me? So, we have about 12 we have about 12 minutes. And she has 30 minutes. And she has 30 minutes. So you can minutes. So you can do three approaches.

do three approaches. That's 18 minutes if you That's 18 minutes if you quickly move quickly move between exercises. You have a between exercises. You have a little little little more time to more time to warm up and cool down, warm up and cool down, and you're ready to go.

and you're ready to go. So, this is one So, this is one way to way to organize them. We also organize them. We also do what are do what are called called called trisets. Three exercises. Maybe you do. Maybe you do bench presses, deadlifts, and bench presses, deadlifts, and squats. You do squats. You do each of them three each of them three times, and then times, and then move on to the other move on to the other three exercises and do three exercises and do them three times. This is them three times. This is another way to another way to organize it. What I would organize it. What I would advise you to remember advise you to remember is that you need to is that you need to change things up often.

change things up often. So, sometimes it's worth So, sometimes it's worth doing circuit doing circuit training. Sometimes it's training. Sometimes it's worth doing three sets.

worth doing three sets. And there are other tricks, And there are other tricks, like supersets, like supersets, that we also that we also use. One thing use. One thing I would I would never do: never do: do all the do all the squats in a row, squats in a row, rest for a minute rest for a minute or so, and or so, and scroll through the feed on my scroll through the feed on my phone. I will never, phone. I will never, ever do that.

ever do that. So if you're So if you're in a hurry, you in a hurry, you need to organize everything quickly need to organize everything quickly, know, know what to do, and what to do, and structure it so that structure it so that one muscle group one muscle group rests while you rests while you do other do other exercises. You don't do exercises. You don't do lower lower lower body exercises one after the body exercises one after the other. You wedge other. You wedge upper upper upper body exercises in between body exercises in between lower body exercises.

lower body exercises. Then you magically Then you magically get everything done. get everything done. So, you have a good So, you have a good plan. If you have a plan. If you have a good coach, you good coach, you get it. Otherwise, get it. Otherwise, plan everything plan everything for yourself very wisely.

for yourself very wisely. Number nine. How Number nine. How long should I do a " farmer's walk"? farmer's walk"? Great question. So, a Great question. So, a farmer's walk: farmer's walk: for those who aren't for those who aren't sure, you grab, sure, you grab, say, dumbbells, or say, dumbbells, or kettlebells, or your cats, kettlebells, or your cats, you know, or you grab you know, or you grab grocery bags grocery bags full of cans of soup, and full of cans of soup, and you go. Ideally, you you go. Ideally, you gradually increase gradually increase the weight so that you can the weight so that you can carry approximately 75% of your body weight your body weight distributed between distributed between these two loads.

these two loads. Don't start with this. Don't start with this. Start with a slightly lighter Start with a slightly lighter weight and gradually weight and gradually increase it. So, the increase it. So, the goal should be goal should be at least 30 seconds.

at least 30 seconds. The older you are, the better 30 The older you are, the better 30 seconds is a great seconds is a great result. I like to result. I like to aim for one aim for one minute, and that's a good minute, and that's a good goal. So, across a goal. So, across a long floor in long floor in your house or back and forth a few times, forth a few times, or if you're doing it or if you're doing it in a hall, again, in a hall, again, you can walk you can walk across the entire hall and across the entire hall and back, moving back, moving slowly, but the important thing is to slowly, but the important thing is to walk. So you are walk. So you are carrying something under carrying something under load while load while moving, not just moving, not just standing with the weight. A standing with the weight. A good, very good good, very good way to start is with static is with static weight holds. Just weight holds. Just make sure you can make sure you can handle it. Uh, handle it. Uh, number 10, can you number 10, can you demonstrate how demonstrate how to to to lunge properly? I won't be lunge properly? I won't be demonstrating demonstrating demonstrating today, but there is a video that today, but there is a video that shows it and I'll shows it and I'll give you the link. It's give you the link. It's dangerous, so I can't talk and type at the same time.

talk and type at the same time. Can anyone Can anyone understand this feeling? But if you go But if you go to flipping50.com/lunges, there's a to flipping50.com/lunges, there's a page where you page where you can can can sign up, and I'll sign up, and I'll walk you through it.

First, how First, how to do it to do it correctly and what to do if you see that you are if you see that you are doing it correctly but doing it correctly but still feel still feel discomfort. It just discomfort. It just doesn't fit my doesn't fit my knees or is there knees or is there something else bothering you. Here's a something else bothering you. Here's a substitution that uses the same substitution that uses the same muscle groups, and if muscle groups, and if it doesn't work, it doesn't work, here's another one. So, here's another one. So, if you can't if you can't lie on the floor, or lie on the floor, or if you can, there are if you can, there are options to options to help you get your help you get your workout in. And when workout in. And when you make any you make any substitution, that's what substitution, that's what you should think about.

If I can't If I can't do this exercise, do this exercise, knowing that the lunge knowing that the lunge works the quadriceps, the works the quadriceps, the glutes, a little bit of the glutes, a little bit of the hamstrings, hamstrings, hamstrings, depending on the technique, depending on the technique, you're looking for a substitute exercise that works the that works the same same same muscle groups, and that's what you muscle groups, and that's what you need to provide.

So you have to think So you have to think about it, and that's what they about it, and that's what they explain to you. So, there are explain to you. So, there are about seven about seven short short short exercise videos that exercise videos that will tell you, "Here's how to will tell you, "Here's how to do it right, and do it right, and if it doesn't work, if it doesn't work, go to the go to the next one and I'll next one and I'll suggest something else." The 11th is: “What to do." The 11th is: “What to do instead of squats instead of squats when your knees hurt?” when your knees hurt?” So, that's a good So, that's a good question too, and it question too, and it happens on Instagram.

happens on Instagram. Don't walk away from me Don't walk away from me now, but I now, but I actually shared actually shared the video there too. How the video there too.

Home training, progression, and osteoporosis guidance

How to do squats, how to do squats, how to perform them to perform them carefully and carefully and align yourself correctly. So align yourself correctly. So my first response my first response to that, actually as an to that, actually as an instructor who instructor who has spent years training has spent years training coaches, students coaches, students in a four-year in a four-year program: Coaches don't program: Coaches don't always give accurate always give accurate guidance. And partly that's guidance. And partly that's because coaches because coaches often love often love training themselves. They training themselves. They do it, it do it, it comes naturally to them, and it's comes naturally to them, and it's hard for them to imagine or hard for them to imagine or feel what exactly a person needs to hear, what cue a person needs to hear, what cue will help them take the will help them take the right position.

So my first thought on So my first thought on how to answer this how to answer this question is, "Let's question is, "Let's make sure you make sure you get really get really good guidance." Weight good guidance." Weight on the heels, you on the heels, you move your pelvis back, move your pelvis back, don't bring your knees don't bring your knees forward, you bend forward, you bend at the hip at the hip joints, which takes joints, which takes the load off the knees.

But we all But we all sit down and get up from a sit down and get up from a chair, toilet, chair, toilet, car, and car, and bed every day. So if we could So if we could make it make it as as as comfortable as possible and comfortable as possible and help you be as help you be as stable as possible in these stable as possible in these situations. That would be situations. That would be my goal. So, I would my goal. So, I would really like to really like to test your test your ability ability ability to do this to do this technique correctly, technique correctly, making sure you making sure you get really get really good cues. You good cues. You can do the can do the "chair" exercise against "chair" exercise against the wall so that you don't have to sit down or the wall so that you don't have to sit down or stand up, but simply stand up, but simply perform perform perform squats within a squats within a painless painless painless range of motion. You range of motion. You will feel it even at a will feel it even at a shallow depth and shallow depth and then return to the then return to the surface. Your body surface. Your body will become about 10% stronger within the stronger within the range of motion range of motion you use, you use, 10% more. And this is an important 10% more. And this is an important distinction. So, distinction. So, you don't have to you don't have to do it perfectly, do it perfectly, but you will potentially but you will potentially strengthen muscles that are strengthen muscles that are important for your important for your stability, and that's what stability, and that's what we should be looking at we should be looking at. But. But you should look for a you should look for a replacement, for example, replacement, for example, deadlifts may deadlifts may be better for you.

be better for you. This involves more forward and forward and backward hip flexion, as opposed to backward hip flexion, as opposed to lowering and raising lowering and raising through the knees. The knee through the knees. The knee remains quite remains quite stable. So, that's stable. So, that's another option.

another option. Another option could Another option could be a glute be a glute bridge. It's a little more bridge. It's a little more complicated, but you complicated, but you can find can find information about the information about the glute bridge or glute bridge or search for it here. The search for it here. The same muscle group, the same muscle group, the glutes and glutes and quadriceps, are worked, but again, there is, but again, there is less strain less strain on the knees.

on the knees. Question 12: “How can I Question 12: “How can I modify modify modify mobility exercises when mobility exercises when they bother my they bother my knee?” There's knee?” There's a lot of talk about a lot of talk about knees today. And I just knees today. And I just want you to know: I have prepared a I have prepared a piece in the next few weeks about what I am piece in the next few weeks about what I am doing to reduce doing to reduce and avoid and avoid knee pain in the knee pain in the future. I had stem stem cell therapy on my right cell therapy on my right knee. So I've gotten knee. So I've gotten to the point where I to the point where I know I don't want it to get any know I don't want it to get any worse. I'm worse. I'm going to be going to be proactive and act ahead of time proactive and act ahead of time. And I. And I know how know how important it is. You will find important it is. You will find the video here on this the video here on this channel that has the channel that has the most views. I think there are millions of them.

. I think there are millions of them. So, you're not alone, So, you're not alone, but there's a but there's a knee strengthening video out there that knee strengthening video out there that you should you should watch. Regarding watch. Regarding mobility: If mobility exercises bother mobility exercises bother your knees, you will your knees, you will likely likely likely need to need to need to focus on focus on floor exercises.

So, you'll have to So, you'll have to go down and go down and up once, which again up once, which again can be can be tough on the knees, tough on the knees, but it's a movement we but it's a movement we need to be able to do.

If you completely If you completely eliminate this, then in the event of a eliminate this, then in the event of a fall you will become the fall you will become the same hero of same hero of the advertisement. I fell and can't the

advertisement. I fell and can't get up. We get up. We need to figure out need to figure out how to get some of how to get some of that ability back. How can that ability back. How can I strengthen this I strengthen this knee? How can I knee? How can I strengthen the muscles strengthen the muscles around my knee to minimize knee pain? We minimize knee pain? We must be able to must be able to do this. Therefore, do this. Therefore, strengthening the buttocks strengthening the buttocks is also very important. There's a video on this channel. There's a video on this channel : 17 exercises to : 17 exercises to strengthen your glutes, and strengthen your glutes, and I would watch it too I would watch it too, because, because if they're not strong, if they're not strong, your knee will your knee will dislocate. So often the dislocate. So often the knee is put under knee is put under too much too much strain, and it's strain, and it's possible that possible that you have very you have very little cartilage left in your knee.

little cartilage left in your knee. Your bone is rubbing Your bone is rubbing against your bone. So, if against your bone. So, if you're thinking about you're thinking about knee replacement and you've knee replacement and you've been putting it off, one been putting it off, one of my arguments, of my arguments, whether I'm talking to an whether I'm talking to an orthopedic surgeon orthopedic surgeon or someone who's or someone who's considering it and considering it and considering it, is to do it now it now before the rest of your body before the rest of your body starts to compensate for starts to compensate for that strain.

Because there will inevitably Because there will inevitably be a problem with the be a problem with the other hip, the other other hip, the other knee, and it will also knee, and it will also affect the lower back.

So if you So if you put it off, a lot of put it off, a lot of things can go things can go wrong. The sooner you wrong. The sooner you do it, if you're do it, if you're thinking about it, the thinking about it, the better, probably.

better, probably. Question 12: How can I Question 12: How can I modify this? Oh, modify this? Oh, I already considered that. I already considered that.

These were These were mobility exercises. So mobility exercises. So exercises that require exercises that require lowering to the floor would be lowering to the floor would be just that. Um, and number 14, 13, sorry.

, and number 14, 13, sorry. Can I Can I follow this follow this plan at home without plan at home without going to the gym? going to the gym? Certainly. We have seen Certainly. We have seen how bone loss can be stopped at home. We. We have seen over have seen over 100 pounds of weight loss 100 pounds of weight loss through at- through at- home exercises. It's like Lance, it's home exercises. It's like Lance, it's not about not about the bike. It's not about the bike. It's not about where you where you do it. So, do it. So, definitely. Um, 14, do definitely. Um, 14, do you have an 8-week you have an 8-week beginner plan with beginner plan with strength strength strength and mobility workouts that I and mobility workouts that I can do can do with you? We with you? We consistently run a 12- week program. So week program. So we often also we often also open a 10-day open a 10-day challenge. This will not give challenge. This will not give you a clear idea you a clear idea of ??the structure of the plan.

But a 12-week But a 12-week program will do it. So program will do it. So yeah, if you're interested, yeah, if you're interested, we have a 12- week program right now. It's week program right now. It's Menopause Month, Menopause Month, so we're running so we're running a lot of promotions. And it a lot of promotions. And it includes 12 weeks of includes 12 weeks of strength training, 12 strength training, 12 weeks of yoga, and 12 weeks of yoga, and 12 weeks of interval weeks of interval training. So, everything training. So, everything you need is you need is right here. Warm-ups right here. Warm-ups and cool-downs are included.

and cool-downs are included. So let me know. So let me know. You can contact You can contact me behind the scenes me behind the scenes or through Flipping 50. This is a or through Flipping 50. This is a perfect starting perfect starting point. Ahem. What should I point. Ahem. What should I do after 8 weeks do after 8 weeks to continue to to continue to progress? So, progress? So, once you master once you master the basics, you will the basics, you will progress by progress by increasing the weight, which increasing the weight, which means decreasing the means decreasing the number of repetitions.

number of repetitions. So, as I said, So, as I said, we'll start with 15–20 we'll start with 15–20 reps. You reps. You start with a start with a weight that will allow weight that will allow you to approach you to approach muscle fatigue

in that muscle fatigue in that range. You range. You start with one start with one or two approaches. You or two approaches. You increase the number increase the number to two or three to two or three sets. Sometimes you can sets. Sometimes you can gradually reach gradually reach four approaches. This four approaches. This takes some time, takes some time, we are now at we are now at about 8 weeks.

about 8 weeks. Now we start to Now we start to reduce the number of reduce the number of repetitions. Let's repetitions. Let's reach fatigue at 12–15 repetitions. So 12–15 repetitions. So now you increase now you increase the load. This is the load. This is going well. We going well. We can also say: can also say: let's increase the let's increase the weight and you'll weight and you'll only do about eight only do about eight reps. Again reps. Again, we have a, we have a few more weeks and we few more weeks and we will be changing the will be changing the order of these order of these workouts. That is, workouts. That is, circuit training, circuit training, trisets, supersets.

So we are constantly So we are constantly changing the way and changing the way and order of performing the order of performing the exercises. Because let's face it : if we : if we do do do squats first every time, they squats first every time, they will be the best will be the best exercise, but since exercise, but since we get tired we get tired systematically, in the end systematically, in the end we seem to we seem to neglect chest presses neglect chest presses or triceps exercises.

So we want to So we want to mix things up a bit. mix things up a bit. This way we always This way we always have some have some structure. Changing structure. Changing the sequence the sequence the sequence fundamentally changes fundamentally changes the rules of the game for these the rules of the game for these muscle groups. 16. What muscle groups. 16. What exercises should I choose or exercises should I choose or change if I have change if I have osteoporosis? You should osteoporosis? You should choose these exercises. Good physical. Good physical fitness is good fitness is good no matter what, and osteoporosis is not a, and osteoporosis is not a reason to give up reason to give up strength strength strength training or any of these exercises.

any of these exercises. On the contrary, it is a reason On the contrary, it is a reason to fulfill them and to fulfill them and put them higher put them higher on your list of on your list of priorities. So, priorities. So, the resistance the resistance you you you overcome during exercise pulls on the muscle and overcome during exercise pulls on the muscle and makes it makes it stronger, and the stronger, and the attachment point of the muscle to the attachment point of the muscle to the bone means that bone means that the muscles pull on the the muscles pull on the long ends of the bones.

This stress This stress helps increase helps increase bone density. We bone density. We also know that weight itself also know that weight itself puts pressure on puts pressure on you. So you can you. So you can do this in two do this in two ways: ways: ways: with resistance, and with resistance, and also with jump also with jump training if you training if you tolerate it. So there's nothing you can't you can't do here. These are do here. These are linear exercises. What linear exercises.

Pelvic floor safety and low-impact modifications

What I would be wary of is what you I would be wary of is what you can can can find on YouTube find on YouTube doing overly doing overly creative things. There are a creative things. There are a lot of very lot of very fancy fancy fancy instructors out there who instructors out there who combine movements that combine movements that are not basic and have no are not basic and have no scientific scientific scientific basis for basis for improving strength, improving strength, metabolic metabolic metabolic health, and health, and bone density. So, we bone density. So, we look for look for pushing, pulling, and pushing, pulling, and leg exercises: leg exercises: squats, squats, squats, deadlifts, presses, pull-ups—these deadlifts, presses, pull-ups—these types of activities are types of activities are ideal ideal ideal for bone density.

Um, number 17, how do I Um, number 17, how do I train with weights train with weights without making without making pelvic pelvic pelvic organ prolapse worse? Excellent organ prolapse worse? Excellent question. So, first, I would first, I would make sure that you make sure that you see a pelvic floor specialist. That is, pelvic floor specialist. That is, to a physical to a physical therapist who therapist who specializes in the specializes in the pelvic floor for pelvic floor for advice on advice on how to improve how to improve the strength of your pelvic the strength

of your pelvic floor muscles. If you have floor muscles. If you have n't worked with one before.

n't worked with one before. I assume someone I assume someone has already diagnosed you with has already diagnosed you with prolapse. And the next prolapse. And the next step, if you haven't already, step, if you haven't already, is to work is to work with a physical with a physical therapist who is a pelvic floor specialist.

It may be a series of It may be a series of visits, or one visits, or one visit and an annual visit and an annual check-up. By the way, I check-up. By the way, I recommend it to everyone.

recommend it to everyone. But it can make a But it can make a dramatic difference dramatic difference : either : either prevent it or prevent it or help detect help detect a problem at an early a problem at an early stage, when you stage, when you don't notice it yet, or don't notice it yet, or if you already know if you already know about it. One of the about it. One of the most important rules is to breathe. So, when breathe. So, when you lift a weight, you lift a weight, we have to exhale we have to exhale with effort. There are with effort. There are exercises where we supposedly exercises where we supposedly maintain our maintain our strength by holding our strength by holding our breath. These are not the breath. These are not the exercises that most of us with most of us with prolapse or prolapse or pelvic pelvic pelvic floor problems need or benefit from. We look for floor problems need or benefit from. We look for safe, sensible, safe, sensible, and simple exercises that and simple exercises that increase increase increase bone density and improve bone density and improve metabolism, metabolism, metabolism, strengthen muscles, and do not strengthen muscles, and do not cause harm. We are cause harm. We are looking for that fine line where we want everything at where we want everything at once. I want this.

Therefore, I strongly Therefore, I strongly recommend learning how to recommend learning how to breathe properly; But it's breathe properly; But it's worth getting advice worth getting advice directly from directly from someone who has assessed the strength of someone who has assessed the strength of your pelvic floor your pelvic floor not only in a not only in a lying position, but also standing, lying position, but also standing, so that we understand: how do you so that we understand: how do you cope when cope when you stand and perform you stand and perform physical activity? There may be certain? There may be certain physical therapy physical therapy physical therapy exercises that you should exercises that you should do before do before moving on to moving on to weightlifting. I hope weightlifting. I hope this makes sense to you.

this makes sense to you. We definitely have to We definitely have to take care of this, because that's where the take care of this, because that's where the risk lies. The risk is risk lies. The risk is that with that with pelvic floor prolapse, pelvic floor prolapse, lifting heavy objects lifting heavy objects can worsen the condition, can worsen the condition, but your quality of but your quality of life will also deteriorate life will also deteriorate without physical without physical activity. So we activity. So we need to combine these need to combine these two things and understand how to move forward: how to move forward: to become stronger and to become stronger and improve the condition of the improve the condition of the pelvic floor.

The use of breathing The use of breathing is also an extremely is also an extremely important factor, important factor, because this air, this because this air, this pressure, is pressure, is going somewhere. And if you going somewhere. And if you exhale during exhale during the effort, when you're the effort, when you're most opposed to most opposed to gravity while gravity while lifting the weight, you'll lifting the weight, you'll help yourself help yourself engage the core muscles engage the core muscles around your waist, not around your waist, not just your pelvic just your pelvic floor muscles. I hope this floor muscles. I hope this was helpful to was helpful to everyone regarding everyone regarding pelvic pelvic pelvic floor therapists. You can find floor therapists. You can find them in your area them in your area via Google. It may be via Google. It may be worth asking worth asking your gynecologist if your gynecologist if they have any they have any recommendations. And point recommendations. And point 18 is where Pilates, 18 is where Pilates, sorry, yoga or sorry, yoga or barre is. And where should they be barre is. And where should they be placed, do placed, do they replace they replace weight lifting? No, weight lifting? No, never, not at all.

never, not at all. They haven't replaced it, they haven't They haven't replaced it, they haven't replaced it, and they won't, okay? These are types of, okay?

Mobility, yoga, Pilates, and barre as support work

These are types of resistance training, resistance training, but they are not a substitute for but they are not a substitute for achieving muscle achieving muscle fatigue and maintaining fatigue and maintaining bone density.

They are closer to They are closer to mobility, mobility, mobility, especially yoga, although especially yoga, although Pilates is also Pilates is also suitable. And I say this, feeling like I have to tell, feeling like I have to tell you a secret.

you a secret. So I'm not So I'm not rejecting anything. I am a rejecting anything. I am a certified certified certified yoga instructor (200 yoga instructor (200 hours) and also a hours) and also a certified certified certified Pilates instructor Pilates instructor on the on the reformer and mat.

They have value, They have value, but if you have but if you have limited time, I limited time, I think of it as a think of it as a target. The target. The focus is on strength focus is on strength training and walking.

And when we have the time and And when we have the time and energy, there is additional energy, there is additional activity in other activity in other circles of this target. And circles of this target. And Pilates and yoga Pilates and yoga are right there.

Barre fusion—even further, Barre fusion—even further, okay? Is this okay? Is this fun? Yes. Does fun? Yes. Does it engage muscle groups that it engage muscle groups that you wouldn't otherwise you wouldn't otherwise train? Yes.

train? Yes. Could you live without Could you live without them? Yes. Could you them? Yes. Could you live without muscle and/ or bone density? or bone density?

Not for long. We will die Not for long. We will die sooner from falls sooner from falls and fractures if we don't and fractures if we don't do these exercises.

do these exercises. So I want you to So I want you to think about how think about how crucial and important this is crucial and important this is for us. And here's something else.

for us. And here's something else. If you love these If you love these things, things, things, there's a place for them, there's a place for them, right? Provided that right? Provided that you have a lot of energy and you have a lot of energy and you you you do the main thing in the do the main thing in the center first. And for some of center first. And for some of you, Pilates may you, Pilates may be the first step be the first step to strength training.

to strength training. Now you have gained Now you have gained confidence that confidence that you know the technique and you know the technique and can can can maintain it. Same maintain it. Same with barre. But barre with barre. But barre can be a can be a dangerous dance. And dangerous dance. And I say this partly I say this partly because your because your barre instructor is barre instructor is very flexible, like very flexible, like plasticine. She plasticine. She probably did probably did ballet as a child and is ballet as a child and is extremely flexible.

The problem is that The problem is that when I watch a when I watch a barre class, barre class, the instructor is looking the instructor is looking at himself in the mirror.

She's not looking at She's not looking at you. Everyone else's you. Everyone else's knees are in really knees are in really bad shape, and bad shape, and she's not fixing it.

Or because she doesn't Or because she doesn't see it, I see it, I mean she can mean she can look there but not look there but not notice the mistakes. Or notice the mistakes. Or she is too she is too focused on herself.

focused on herself. This doesn't concern This doesn't concern anyone. So whatever anyone. So whatever class or, let's say, class or, let's say, class you take, class you take, it's only as it's only as good as the good as the instructor. And that's what instructor. And that's what you have to you have to remember.

remember. remember. So after 42 years of So after 42 years of teaching and teaching and training training training instructors and instructors and coaches, I know this to be coaches, I know this to be true. It takes true. It takes experience and understanding experience and understanding of how to teach in a way that gets someone else an answer to a gets someone else an answer to a question they question they don't even know how to don't even know how to ask yet. This is ask yet. This is extremely important.

extremely important. So, there's time for that, but So, there's time for that, but I would say yoga is a great way is a great way to add mobility. to add mobility.

By adding By adding mobility classes, you mobility classes, you can either attend a can either attend a full yoga class or full yoga class or not. not.

not. Yoga exercises can Yoga exercises can be part of your be part of your routine every routine every single day if you single day if you wish. wish.

Pilates, you know, is Pilates, you know, is great for helping to great for helping to bring the body back into bring the body back into balance or balance or maintain it, but there's maintain it, but there's no no no special magic to it.

special magic to it. Still, it can be a Still, it can be a great start for great start for those who are afraid those who are afraid to try something different, to try something different, but it is no substitute for but it is no substitute for strength training strength training that pushes you to that pushes you to muscle fatigue.

muscle fatigue. You know, for about You know, for about 10 reps or less, if you can, if you can stand it, or when stand it, or when you do as much as you you do as much as you can, can, can, reaching muscle reaching muscle fatigue. We don't do fatigue. We don't do that in Pilates. It's that in Pilates. It's like a buffet. We like a buffet. We do 10, move do 10, move on. We do 10, on. We do 10, move on. We don't move on. We don't reach muscle reach muscle fatigue. So this is an important fatigue. So this is an important distinction. And 19th, distinction. And 19th, how to combine strength how to combine strength training with cardio training with cardio for the heart and lungs?

for the heart and lungs? So, there are two types of So, there are two types of cardio. There are cardio. There are many, but there are two types of many, but there are two types of cardio that are most important cardio that are most important for us after 40 and 50 for us after 40 and 50, and these are upper and, and these are upper and lower levels. So lower levels. So if you're a woman who if you're a woman who grew up in the 70s and grew up in the 70s and 80s doing 80s doing aerobics, we studied aerobics, we studied moderate, intermediate moderate, intermediate levels. The least levels. The least benefit from any cardio is at any cardio is at this intermediate this intermediate level. And if you level. And if you do it do it too long and too long and too often, you too often, you miss the highs miss the highs and lows. So this and lows. So this polarized polarized polarized workout, where you workout, where you go out of breath for 30 go out of breath for 30 seconds or less, seconds or less, recover completely between recover completely between sets, and then sets, and then repeat that four to six times, and do six times, and do it once or twice a it once or twice a week, will increase week, will increase your VO2 max, which is your your VO2 max, which is your cardiovascular cardiovascular cardiovascular fitness, within 5 or 6 fitness, within 5 or 6 weeks if you're not weeks if you're not doing it now.

doing it now. That's a pretty good That's a pretty good return on return on investment. If you investment. If you do moderate do moderate exercise, you can exercise, you can improve your improve your cardiovascular cardiovascular cardiovascular fitness, but it will fitness, but it will probably take probably take months, if not, months, if not, you know, we're talking you know, we're talking about the end of 2027. It about the end of 2027. It doesn't give you as doesn't give you as much return, and much return, and may even may even tire you out more.

tire you out more. So, it depends on So, it depends on who you are. who you are. Try it. You have to Try it. You have to see for yourself. And see for yourself. And then there's walking, which is then there's walking, which is lower in level, but lower in level, but it's not lying on the it's not lying on the couch anymore. This is couch anymore. This is cardio, cardio, cardio, but it's where the but it's where the foundation of your foundation of your cardiovascular cardiovascular cardiovascular system is laid when you're system is laid when you're working at a lower working at a lower level. No level. No target target target heart rate zones or other heart rate zones or other

nonsense, you nonsense, you just walk at just walk at your own pace. You're your own pace. You're building a foundation for building a foundation for your your your cardio endurance cardio endurance cardio endurance and improving everything and improving everything from your from your blood sugar and blood sugar and insulin sensitivity to insulin sensitivity to lower cortisol levels lower cortisol levels upon your return, upon your return, as your body as your body doesn't need to doesn't need to produce it for produce it for energy or energy or glycogen. It glycogen. It actually actually actually uses uses uses cortisol that is already cortisol that is already circulating. So when you circulating. So when you come back from come back from a walk, your a walk, your cortisol levels are lower than they cortisol levels are lower than they were at the beginning. For were at the beginning. For many of us, many of us, this is ideal right now. We this is ideal right now. We need to need to control this because control this because during menopause, during menopause, estrogen levels drop and estrogen levels drop and cortisol levels rise. In our cortisol levels rise. In our 50s and 60s, we have a 50s and 60s, we have a higher stress response higher stress response to anything, to anything, including exercise, than we do including exercise, than we do in our 20s or 30s, and this is something to keep in in our 20s or 30s, and this is something to keep in mind.

mind. We are no longer as " bulletproof" as we bulletproof" as we used to be if used to be if we try to we try to we try to train with the same train with the same intensity, intensity, intensity, frequency, and frequency, and duration as we duration as we once did. We need once did. We need intensity. We don't intensity.

Cardio, walking, and rebounding for health

We don't want to lose it, want to lose it, but it might be worth but it might be worth shortening the shortening the training time, improving training time, improving its quality, and its quality, and reducing its frequency to reducing its frequency to allow time for allow time for allow time for recovery. These are recovery. These are important things. So, important things. So, your cardiovascular your cardiovascular system system system benefits from strength benefits from strength training. By the way, training. By the way, your your your cardiovascular cardiovascular cardiovascular system performance increases by system performance increases by about 35% just about 35% just through strength through strength training. So that you have training. So that you have clarity.

clarity. clarity. Additionally, you also want to Additionally, you also want to walk every day. walk every day. Keep this Keep this baseline level, because it's a baseline level, because it's a huge plus, and huge plus, and once or twice a once or twice a week, work until you're out week, work until you're out of breath. Do this of breath. Do this at high at high intensity. If intensity. If you love moderate you love moderate exercise exercise, like a fitness class, or something else—you class, or something else—you can do it. I can do it. I mean: of course, mean: of course, make time for it, make time for it, but not at the expense of what has but not at the expense of what has already been already been mentioned. You want mentioned. You want to keep these things. So do to keep these things. So do n't do it for n't do it for them. Do this in them. Do this in addition to them.

addition to them. Last question, and Last question, and we'll wrap we'll wrap up. Can up. Can rebounding, i.e. rebounding, i.e. jumping on a jumping on a mini trampoline or walking mini trampoline or walking in place, replace the in place, replace the short walks short walks you recommend?

you recommend? Yes. So, let me say a few Yes. So, let me say a few words about rebounding and words about rebounding and how it can how it can be a substitute for walking.

If you have If you have joint problems and joint problems and can't walk on the can't walk on the ground because maybe ground because maybe you have bone rubbing on you have bone rubbing on bone or not enough bone or not enough cartilage, it cartilage, it becomes unbearable. This becomes unbearable. This hurts.

hurts. hurts. Trampolining can be a Trampolining can be a good alternative good alternative for you. However, if for you. However, if you walk and want to you walk and want to use this use this as a load to as a load to increase increase increase bone density. By the way, it does not bone density. By the way, it does not increase increase increase your bone density. If you your bone density. If you already walk, it doesn't already walk, it doesn't improve improve improve bone density. Maybe it bone density. Maybe it helps not to helps not to lose what you have already lose what you have already gained while gained while walking. But walking. But walking more does not produce walking more does not produce more results more results than regular walking.

than regular walking. Your body is already used Your body is already used to this to this load. You don't load. You don't get any get any extra extra extra load. And when load. And when jumping on a trampoline, jumping on a trampoline, the load is less the load is less because you land because you land on a soft surface. You on a soft surface. You don't get that don't get that push from the push from the ground's recoil force. So I ground's recoil force. So I want you to understand: want you to understand: when replacing exercises for when replacing exercises for bone density, it's bone density, it's not the same thing. This is a not the same thing. This is a little less effective.

little less effective. However, from a blood However, from a blood sugar control sugar control and movement perspective, it is just and movement perspective, it is just as valuable. You as valuable. You get the result, you get the result, you can do both can do both. So, if you prefer to move around better, move around better, like jumping like jumping on a trampoline on a trampoline indoors when it's indoors when it's dark or dark or cold outside, this is a great cold outside, this is a great alternative. And yes, alternative. And yes, walking in place or walking in place or dancing around the house—all of that is dancing around the house—all of that is appropriate too.

Use this, Use this, okay? This is great okay? This is great for walking for walking to maintain to maintain blood sugar levels blood sugar levels or anything else.

Instead of a formal Instead of a formal walk or dance, walk or dance, if you, say, if you, say, start cleaning the start cleaning the house within 10 house within 10 minutes of eating, then minutes of eating, then first think about first think about how much cleaner how much cleaner your home will become. But at the same time, your home will become. But at the same time, you are also you are also moving, which does the moving, which does the job of job of job of stabilizing stabilizing stabilizing blood sugar levels.

blood sugar levels. I hope this was I hope this was helpful. I'll just helpful. I'll just summarize, I really summarize, I really like your like your advice. Thank you, advice. Thank you, Claudia. Is it best Claudia. Is it best to exercise in the morning, to exercise in the morning, and should I and should I warm up before and warm up before and stretch stretch stretch after? Is after? Is stretching important for stretching important for recovery? Excellent recovery? Excellent question. So, is it question. So, is it best to best to exercise in the morning? When I exercise in the morning? When I work with work with middle-aged women, we middle-aged women, we tell those who tell those who are struggling with the signs are struggling with the signs and symptoms of and symptoms of menopause—be it menopause—be it “brain fog,” belly fat,,” belly fat, weight gain that’s hard to weight gain that’s hard to lose—we lose—we lose—we call it weight loss resistance. And weight loss resistance. And insomnia, poor sleep, and feeling tired, and feeling tired after waking up are also problems. We are also problems. We found that found that intense intense intense exercise in the morning exercise in the morning and light exercise in the evening is the and light exercise in the evening is the best option. You best option. You can do can do light exercise in the morning if you want, but if you want, but more intense more intense work earlier in the day work earlier in the day may be more beneficial may be more beneficial and better promote sleep and better promote sleep at night. Many of at night. Many of you wrote in you wrote in the comments on the video the comments on the video that you feel that you feel better, warmed up, better, warmed up, your muscles are your muscles are more elastic, your joints more elastic, your joints feel better, not feel better, not as stiff a little as stiff a little later in the day, later in the day, whether it's late morning or whether it's late morning or early in the day. And that's early in the day. And that's completely normal. The completely normal. The only thing I would only thing I would watch out for is sleep. Does watch out for is sleep. Does this disturb your sleep? So, the earlier? So, the earlier in the day, the in the day, the better for sleep if better for sleep if the workout is the workout is the workout is intense, right?

At the same time, many of At the same time, many of you will notice that your you will notice that your body temperature body temperature is rising, and in is rising, and in the afternoon the afternoon it is slightly higher. So it is slightly higher. So it can create it can create a feeling that the movements a feeling that the movements have become smoother, you have become smoother, you can move more can move more easily, and it suits you better easily, and it suits you better. There is. There is nothing wrong with nothing wrong with exercising exercising exercising during this time. For 42 years, we've during this time. For 42 years, we've always told people always told people that the best time of day is when you're when you're actually going to actually going to exercise. A recent recent study showed study showed that people were tested that people were tested four times a day: at four times a day: at 8:00 AM, 12:00 PM, 4:00 PM, and 8:00 PM, and I 8:00 AM, 12:00 PM, 4:00 PM, and 8:00 PM, and I would never recommend would never recommend exercising at 8:00 PM. But exercising at 8:00 PM. But they checked

when they checked when people were at their people were at their strongest. They strongest. They asked about their asked about their personal preferences personal preferences regarding regarding regarding training time. But they training time. But they wanted to see if wanted to see if people got people got stronger by stronger by training at their training at their preferred time, or preferred time, or sooner or later, sooner or later, regardless.

regardless. It didn't matter. It didn't matter. It wasn't important. It wasn't important. So if you or I So if you or I prefer prefer prefer the morning but train the morning but train in the afternoon, the strength will be the in the afternoon, the strength will be the same. We're not same. We're not going to…it wouldn't going to…it wouldn't hurt hurt hurt if we had to if we had to practice right practice right then. And if, you know, I then. And if, you know, I can train can train during the day, if I'm building during the day, if I'm building strength, it doesn't strength, it doesn't matter. So, um, matter. So, um, there's no reason to there's no reason to say, you know, that you say, you know, that you should always should always do it at this time do it at this time or that this is the best or that this is the best time. In fact, there is time. In fact, there is no such thing. It's more important no such thing. It's more important to do it to do it right and right and recover.

recover. I do not I do not recommend stretching before training. recommend stretching before training. Starting in the late Starting in the late 1990s, studies emerged showing that static showing that static stretching before stretching before a workout a workout is not only is not only unnecessary, but unnecessary, but can actually make you can actually make you weaker. By this we weaker. By this we mean that the mean that the muscle has a certain muscle has a certain tension, like a spring. And tension, like a spring. And you are stronger when that you are stronger when that spring or tension is still there spring or tension is still there.

. If we If we overstretch the muscles, overstretch the muscles, you lose some of you lose some of that tension. So, we that tension. So, we don't recommend doing don't recommend doing static stretching static stretching before a workout for before a workout for this reason, and this reason, and since since since you've already you've already gone through a full gone through a full range of motion by the time you're done, you'll range of motion by the time you're done, you'll get much get much more benefit from more benefit from flexibility exercises and flexibility exercises and static stretching static stretching afterwards. I recommend and afterwards. I recommend and we take you we take you through a dynamic through a dynamic warm-up. So, if warm-up. So, if you're going to do you're going to do squats, we're going to squats, we're going to take you through a limited-amplitude squat, where we're doing, where we're doing flexion and flexion and extension in the hips, extension in the hips, knees, and ankles knees, and ankles so they're ready so they're ready for more for more load— load— dynamically, not dynamically, not statically. So, statically. So, great question.

great question. Static stretches Static stretches at the end—yes. at the end—yes. Dynamic movements with Dynamic movements with full amplitude at full amplitude at the beginning for the joints the beginning for the joints you will be you will be using. Yes, using. Yes, great. And stretching is great. And stretching is important for important for recovery. It recovery. It can improve your can improve your ability to ability to recover, but it's still recover, but it's still worth thinking about worth thinking about movement. Movement that promotes movement. Movement that promotes blood circulation blood circulation delivers more delivers more oxygen to muscles that are oxygen to muscles that are trying trying trying to recover and to recover and regenerate. So regenerate. So stretching is great, stretching is great, but it does more but it does more to prevent pain than to to prevent pain than to speed up speed up speed up recovery. It is the movement that matters recovery. It is the movement that matters most most most. So take a. So take a little walk little walk after you finish, I after you finish, I mean just mean just a few minutes. It doesn't a few minutes. It doesn't have to be something have to be something grand. Or grand. Or get on a bike get on a bike or elliptical or elliptical trainer if that's more trainer if that's more comfortable. OK.

comfortable. OK. Thank you for joining Thank you for joining me, everyone who was me, everyone who was able to be here. We'll able to be here. We'll try again, but try again, but I'd love to hear I'd love to hear your comments and your comments and questions for the questions for the future. So we are future. So we are monitoring all the monitoring all the questions and questions and comments that comments that come in. I am grateful to come in. I am grateful to you for being here, for you for being here, for watching. For watching. For those who joined, it was spontaneous, and I'm it was spontaneous, and I'm so glad I was able to so glad I was able to do it. Have a nice do it. Have a nice day and day and