I’m 63. If I Had to Get Fit Again, I’d Start Here Transcript

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Introduction to the plan

If I were just starting out, starting over,, starting over, or starting all over again, this is what I would or starting all over again, this is what I would do. I am do. I am 63 years old, and I have 63 years old, and I have 43 years of 43 years of experience working in the experience working in the fitness industry, fitness industry, teaching teaching teaching kinesiology at a kinesiology at a major major major university, working university, working in the private sector, in the private sector, but most importantly, taking care of myself. That's care of myself. That's exactly what I would do.

exactly what I would do. Three things. And in each Three things. And in each of these categories, there are just a of these categories, there are just a couple of points couple of points worth worth worth remembering. Here's what I would remembering. Here's what I would do. My next 8 do.

The importance of daily walks

My next 8 weeks would look weeks would look exactly like this. First: walk every day. Try to. Try to take steps. If take steps. If you have trouble you have trouble walking because of your knees, walking because of your knees, ankles, or hips, ankles, or hips, think of it as think of it as finding what you can do finding what you can do. Maybe it's. Maybe it's cycling, cycling, cycling, rowing, rowing, rowing, or elliptical— find what find what works for you.

works for you. Daily movement is a Daily movement is a must. This is must. This is necessary. This necessary. This cannot be missed. And that's more cannot be missed. And that's more important than important than many other things many other things you'll do.

you'll do. So, here's where movement So, here's where movement plays a role that plays a role that might surprise you. might surprise you. It doesn't have to It doesn't have to be a 30-minute, 45- minute, or, of course, minute, or, of course, even longer walk.

even longer walk. If it's belly fat, it's a matter of energy. matter of energy. You feel like you're You feel like you're on a roller on a roller coaster: first coaster: first energized and ready for energized and ready for action, then action, then exhausted. This is a sign exhausted. This is a sign that your blood sugar levels may be spiking blood sugar levels may be spiking and you and you need steady need steady energy first and foremost. You just energy first and foremost. You just need to need to stabilize it.

stabilize it. Walking several times Walking several times a day for a day for short periods of time, short periods of time, such as 10 such as 10 minutes, especially minutes, especially after meals, may be after meals, may be most beneficial.

Recent studies Recent studies on on on blood sugar levels blood sugar levels show that walking show that walking for 10 minutes for 10 minutes after each after each meal is very meal is very effective. Of course, effective. Of course, you can walk more, and it should usually be, and it should usually be done within 30 done within 30 minutes of eating. But minutes of eating. But if you walk like this, you will if you walk like this, you will stabilize your stabilize your blood sugar levels blood sugar levels much better than if you took much better than if you took one long one long walk at any other time. So other time. So think about it.

think about it. It's not just about It's not just about your endurance, but your endurance, but what exactly do you what exactly do you want to get out of it want to get out of it? If you're having? If you're having a hard time finding a hard time finding motivation because you're not feeling well, it feeling well, it could also be related to your could also be related to your blood sugar. And 10- minute walks minute walks might be better might be better for you, and that's something for you, and that's something you'll say, "I can you'll say, "I can do that." "I could have do that." "I could have done more." And done more." And realize this: realize this: even though you and I even though

you and I know we're doing it know we're doing it for ourselves, doing for ourselves, doing things that make us things that make us say, "I could have say, "I could have done more" done more" helps us helps us set ourselves up for set ourselves up for success. For example, we success. For example, we experience experience experience mastery. We mastery. We feel like we have feel like we have succeeded. So that's the succeeded. So that's the basics: walking basics: walking every day when every day when possible. Of course, possible. Of course, there are times when this is there are times when this is not possible, but when not possible, but when you have the opportunity, do it. It doesn't do it. It doesn't matter if it's matter if it's walking around the house, walking around the house, up and down stairs, up and down stairs, back and forth between rooms, taking a walk, taking a walk outside, or going outside, or going grocery shopping. Steps, grocery shopping.

Twice weekly strength training

Steps, indoor movement, and indoor movement, and walking—it's all walking—it's all counted. Number counted. Number two is strength two is strength training. These are training. These are high priorities, high priorities, but you only do them but you only do them a few times a a few times a week. I want week. I want you to focus on you to focus on two things. Two is the two things. Two is the minimum per week minimum per week for a full- for a full-body workout, but for body workout, but for many women, this is many women, this is optimal since optimal since we have less recovery capacity during recovery capacity during perimenopause and perimenopause and postmenopause. As we postmenopause. As we age, like women, age, like women, our our our hormone levels decline. We hormone levels decline. We struggle with our ability to ability to recover from recover from exercise, which leaves us exercise, which leaves us a little more a little more tired, tired, tired, not a pleasant not a pleasant tiredness at the end of the day, tiredness at the end of the day, but a general but a general exhaustion, and we exhaustion, and we simply don't simply don't get back to the get back to the energy level we energy level we crave during our crave during our workouts. So workouts. So understand that understand that twice a week is a twice a week is a good starting good starting point, but you also point, but you also have to ask have to ask yourself, "Hey, is this yourself, "Hey, is this working?" And if it working?" And if it works, why works, why fix what isn't fix what isn't broken? You broken? You can always do can always do more, but for the first 8 more, but for the first 8 weeks I would do weeks I would do strength strength strength training twice training twice a week. And here's a week. And here's a little tip: a little tip: after 43 years in this after 43 years in this business, I still business, I still strength strength strength train twice train twice a week to a week to push myself to the limit push myself to the limit during the sessions and during the sessions and recover in between recover in between, but feel like, but feel like I can play and I can play and do whatever do whatever other activities I other activities I want. Moving to a more want. Moving to a more difficult level difficult level or heavier weight doesn't or heavier weight doesn't necessarily mean necessarily mean you'll do you'll do it more often, more it more often, more days or days or frequency isn't always frequency isn't always the answer.

the answer. The quality of what The quality of what you do is much more important. you do is much more important. So you have this base: So you have this base: daily walking, daily walking, daily movement, built into daily movement, built into your life. Then your life. Then you have strength you have strength training twice a training twice a week. Here's how week. Here's how I do it: Monday, I do it: Monday, Thursday or Tuesday, Thursday or Tuesday, Friday. Choose Friday.

Mobility for joint health

Choose days that are convenient for days that are convenient for you. The third thing you you. The third thing you should do should do every day, or at least every day, or at least almost every day, is almost every day, is mobility exercises, mobility exercises, which should be done which should be done after you finish your after you finish your walk or walk or strength training.

It's about flexibility. I It's about flexibility. I want you to want you to focus on focus on three parts of the body three parts of the body because as we age, it because as we age, it becomes increasingly important for us becomes increasingly important for us to maintain to maintain range of motion in them.

Even Moses Even Moses thinks so, okay? These are thinks so, okay? These are your ankles, your ankles, hips, and upper hips, and upper back. We back. We need good need good ankle flexibility ankle flexibility because as we

age, we because as we age, we lose the ability lose the ability to lift our toes to lift our toes while walking, which while walking, which leads to a " senile gait." We don't senile gait." We don't want to face want to face this sooner than we this sooner than we have to. So have to. So pay attention to pay attention to your ankles.

your ankles. If you do the If you do the downward dog exercise downward dog exercise in yoga. You get in yoga. You get great flexibility. great flexibility.

If you sit in a If you sit in a deep squat, you deep squat, you also get a good stretch in your also get a good stretch in your ankles ankles. For the thighs, a deep. For the thighs, a deep squat is a great squat is a great way to open them up.

way to open them up. You can also You can also do the quad stretch, where quad stretch, where you place one you place one ankle on the ankle on the opposite knee and opposite knee and squat deeply— standing, lying on standing, lying on the floor, or sitting in a the floor, or sitting in a chair. There are many chair. There are many ways to do ways to do these exercises, but these are the these exercises, but these are the most beneficial. And most beneficial. And for the upper for the upper back, you can lie on your back, you can lie on your side. Imagine I'm lying side. Imagine I'm lying on my side on the floor and on my side on the floor and opening up. The shoulder blades opening up. The shoulder blades stay behind and stay behind and you turn the you turn the other way. Of course, you other way. Of course, you will do this on the will do this on the other side as well. This is one other side as well. This is one way to open the way to open the chest. We chest. We can do this while can do this while standing. If you standing. If you spread your arms, spread your arms, you will turn, you will turn, reach, reach, reach, turn back, and turn back, and turn again. At the same time, turn again. At the same time, my hips and my hips and knees remain knees remain motionless. You can motionless. You can do this sitting on a do this sitting on a chair or standing with your chair or standing with your back to a wall. I would back to a wall. I would try to try to try to turn around and turn around and touch the touch the wall with both hands. So wall with both hands. So mobility is very mobility is very important here. Let's important here. Let's review three things review three things that will be part of that will be part of my program to my program to start or resume start or resume classes, because they will classes, because they will help me help me feel better, more feel better, more energetic, and more energetic, and more flexible so that I can flexible so that I can move more and move more and do more things.

And when you And when you feel that way, you will feel that way, you will spontaneously want spontaneously want to be more active. You to be more active. You will walk every day will walk every day,,, work on your movements every day, do strength do strength training twice a week, training twice a week, ideally ideally ideally 72 hours apart, and, and work on your work on your mobility almost every day. This works mobility almost every day. This works really well if you're really well if you're doing something anyway, doing something anyway, because after an activity because after an activity like walking, you like walking, you get warmed up.

get warmed up. So, mobility exercises So, mobility exercises will feel will feel better. If you are very better. If you are very stiff, you can stiff, you can do these do these mobility exercises before mobility exercises before starting the movement, and this will starting the movement, and this will help you help you relax. We relax. We call this " joint lubrication.

" When we feel " When we feel stiffness before movement, when stiffness before movement, when performing exercises performing exercises at full amplitude, at full amplitude, we secrete we secrete synovial fluid.

So, again, by So, again, by lubricating the joints, we lubricating the joints, we make everything make everything smoother as smoother as we move through the we move through the full range of motion. So full range of motion. So if you need it if you need it before a workout because before a workout because your joints are a little sore your joints are a little sore or or or stiff, even if stiff, even if it's not arthritis, do it's not arthritis, do it before. There is no it before. There is no wrong time wrong time to stretch.

to stretch. Static stretching Static stretching should not be done in should not be done in large quantities large quantities before strength before strength training, training, training, as there is some as there is some research research research suggesting that it suggesting that it can weaken us. It's can weaken us. It's best to do this best to do this at the end when you're at the end when you're warmed up, then you'll warmed up, then you'll get more get

more benefit for the benefit for the flexibility, flexibility, flexibility, mobility, and mobility, and range of motion range of motion we all strive for. We we all strive for.

Simplified workout routine

We want to get it and want to get it and we want to keep it. That's it. Strength. That's it. Strength exercises. Let exercises. Let me tell you me tell you about it. So, you have about it. So, you have three main elements that three main elements that you will you will focus on. You focus on. You already know the three already know the three main things about main things about mobility, and now mobility, and now I want you to I want you to think about the three think about the three main things for main things for strength training.

strength training. Lower Lower Lower body exercises. body exercises. Typically, this is a Typically, this is a squat. We squat. We sit and stand up sit and stand up many times a day.

many times a day. Even if you Even if you think you're not think you're not exercising, exercising, exercising, you're squatting. So, you're squatting. So, squats engage squats engage your glutes, your glutes, quadriceps, and quadriceps, and hamstrings. Although hamstrings. Although it is one exercise, it is it is one exercise, it is multi-tasking, and we multi-tasking, and we call it call it complex or complex or multi-joint multi-joint multi-joint because we use because we use many joints, and many joints, and therefore many muscles.

therefore many muscles. So, you will be So, you will be doing squats. You doing squats. You will perform will perform pushing pushing pushing and pulling exercises. I call it a dumbbell or barbell bench press dumbbell or barbell bench press. You can. You can do push-ups, do push-ups, but by the way, it's but by the way, it's actually a very actually a very difficult movement.

difficult movement. A lot depends on A lot depends on the stabilization of your the stabilization of your cortex. Most of cortex. Most of your weight your weight is carried is carried is carried directly on your directly on your shoulders. If you shoulders. If you don't have the right don't have the right technique, you won't technique, you won't be able to be able to control it. But you control it. But you can take a light can take a light weight with dumbbells, weight with dumbbells, lie on your back on lie on your back on the floor or a bench the floor or a bench if you have one, and you if you have one, and you will be able to control will be able to control the range of motion and the range of motion and quality technique without putting quality technique without putting unnecessary stress unnecessary stress on your joints. This is my on your joints. This is my recommendation.

recommendation. recommendation. Alternatively, you Alternatively, you can sit on a can sit on a chair or stand up and chair or stand up and perform perform perform incline pull-ups by squeezing your incline pull-ups by squeezing your shoulder blades together. All these shoulder blades together. All these exercises together, only exercises together, only three exercises, each of three exercises, each of them uses at them uses at least two least two muscle groups. The lower muscle groups. The lower body involved three.

So, in these three So, in these three exercises, you exercises, you work work work at least eight at least eight major muscle groups. Now, if I have to Now, if I have to choose choose choose when I'm short on time or when I'm short on time or just starting out just starting out, do you know why I, do you know why I choose them? Because choose them? Because I'd rather do three I'd rather do three or four sets of the same or four sets of the same three exercises. So, I will. So, I will do the first, do the first, second, and third exercises.

second, and third exercises. Then I'll go back and Then I'll go back and do the first one again, the do the first one again, the second one, and the third one, and so second one, and the third one, and so on. You get on. You get more volume for these more volume for these muscle groups, and more muscle groups, and more stimulation of the core stimulation of the core muscles means a better muscles means a better metabolic boost. Instead of metabolic boost. Instead of adding adding adding more, like a more, like a little bit of biceps or little bit of biceps or triceps. The smaller the triceps. The smaller the muscle group, the muscle group, the less impact it has on your less impact it has on your metabolism. So when metabolism. So when I'm really short on I'm really short on time, doing just time, doing just one exercise for one exercise for consistency, or consistency, or recovering from a recovering from a break, I choose the break, I choose the most important—the VIP— exercises over exercises over

everything else to get my metabolism going as quickly as possible. That's all.

metabolism going as quickly as possible. That's all. Three types of movements that Three types of movements that will be a part of my will be a part of my life for the life for the next 8 weeks. I'm next 8 weeks. I'm going to keep it going to keep it simple. So, I simple. So, I will walk every day. On days will walk every day. On days when I also do when I also do strength strength strength training, the training, the walk can be walk can be shorter. And I will shorter. And I will do mobility exercises do mobility exercises at the end of each at the end of each walk. Sometimes at walk. Sometimes at the beginning, if the beginning, if needed, and needed, and at the end of each at the end of each strength training session.

strength training session. Done and Done and secured. Let me secured. Let me know about the results. know about the results. Let me know if Let me know if that was clear. By that was clear. By the way, if you are already the way, if you are already active and this is not for active and this is not for you, share this with your you, share this with your friend, daughter, friend, daughter, sister, because we all sister, because we all know women who are know women who are not yet involved in not yet involved in sports and don't know sports and don't know where to start, so where to start, so let's help them let's help them simplify the process. And simplify the process. And by the end of the year, we by the end of the year, we can all be in better can all be in better shape, no matter shape, no matter when you when you