

HOW TO STAY FIT AS YOU AGE

As your metabolism slows down with age, it's important to maintain a healthy weight and active lifestyle. However, the recommended level of activity may change from your 20s to your 50s.



IN YOUR 20S...

Focus on activities such as cardio exercise and strength training to increase lean muscle and shed fat.

IN YOUR 30S...

As metabolism starts to decrease, the best workouts include high intensity interval training (HIIT) or kettlebell for cardio and strength training in addition to yoga or pilates for flexibility and stress relief.





IN YOUR 40S...

Continue to build muscle mass through kettlebell, yoga, pilates, biking and swimming.

IN YOUR 50S AND ABOVE

Stay active and continue resistance training in order to maintain muscle mass. Also, work on flexibility through yoga or chair yoga.



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Wishing you joy and good health,
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