

Guillermou

Combination of exercises that strengthen a variety of muscles, improve cellular health that also help strengthen health over the years. The process known as sarcopenia increases the risk of falls and loss of balance. so frequent in the elderly. Regular resistance exercise practice from middle age has been shown to be effective. We must not forget that between the ages of forty and eighty we can lose up to 50% of our skeletal muscle mass. New York scientists at Columbia University recently discovered that, at the molecular level, sarcopenia is due to calcium leakage at the ryanodine receptors in muscle cells. These losses activate a chain of reactions that ultimately prevent the fibers from contracting properly.

www.cuimc.columbia.edu/news/study-explains-why-muscles-weaken-age-and-..

skeletalmusclejournal.biomedcentral.com/articles/10.1186/2044-5040-1-1.. Approximately 30% of individuals over the age of 65 fall each year; of them, 5% have major injuries such as fractures, 2% require hospitalization and of these only 50% survive the year of the fall. These figures refer to the elderly living in the community. As for the elderly who live institutionalized, the figures are more important: 50% of them fall every year, with a result of 10 to 25% of fractures or major injuries as a result.

The popular idea of serious deterioration and more than possible death of an elderly person after a serious fall is quite accurate. . The health, economic and personal impact of falls will grow substantially in the coming years due to the aging of the population. In general, the different types of physical training have a positive effect on the prevention of the risk of falls in older adults. The risk of falls is associated with several factors, including reduced physical performance, lower limb muscle strength and postural balance.

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The benefits of resistance training include improved physical performance, movement control, walking speed, functional independence, cognitive skills, and self-esteem. Resistance training can help prevent and control type 2 diabetes by decreasing visceral fat and reducing HbA 1c. improving insulin sensitivity, improving cardiovascular health by reducing resting blood pressure, lowering triglycerides and increasing high-density lipoprotein cholesterol, promoting bone development, relieving discomfort associated with arthritis and fibromyalgia, and reversing the specific factors of aging in skeletal muscle. Those over 70 who participate in balance and resistance training are much more likely to be healthy and functionally capable than those who do not.

Including sensorimotor exercises in this dynamic provides a gain in balance in older adults and has a positive impact on their confidence when performing their tasks. A protocol presented in its different levels of difficulty is effective and important for the quality of life of institutionalized sedentary older adults. bmjopen.bmj.com/.../e048395.abstract (2021) sportsmedicine-open.springeropen.com/articles/10.1186/s40798-021-00321.. (2021) digitalcommons.wku.edu/.../61 (2022) www.frontiersin.org/journals/sports-and-active-living/articles/10.3389.. (2024).-- www.mdpi.com/.../2747 (2024).-- www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2024.13.. (2024).--

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Motowner

Just a little warning to keep breathing. I worked up to 3 sets of 60 pushups at age 66. Right when completing the third set, I suffered a brain aneurism that put me in the hospital for almost a month. Docs said I was lucky to be alive. I understood later that I had a tendency to hold my breath during strenuous exercise. Needless to say, not anymore!

Posted On 08/02/2024

wareagle82

My experience, and it is decades' worth, is that the biggest variable is the intensity of effort. The time restriction may well be accurate but results are not built by the clock; they come from the work done during that time. If sets are carried to muscle failure or very close to it, one can have a productive session in a short time. An adage holds that you can work hard, you can work long, but you cannot work hard and long. Lifting is like running. A person can spring for 100-200 yards, but not a mile. If you are lifting with considerable intensity, as in each set being carried to the point of not being able to do another repetition in good form, it will be difficult to sustain that level of effort for a long period.

The target number of reps should be the maximum one can expect to achieve, not some random number. Three sets of ten, for example, is useless if using a weight that would allow you to reach 15 reps or more. The muscles are not being given an adequate stimulus to respond to; you are burning a few calories, but that's about it. If one is older, look at strength training from a functional perspective rather than an aesthetic one. For example, can you rise from a couch without assistance? Can you sit on the floor and get back up without having to grab onto something? Can you lift a storage tub and put it on a shelf above head level?

Can you pick up the grandkids without discomfort? If any of these questions elicit a 'no' response, then you need a strength training program, whether it's bodyweight exercises, using bands, or incorporating weights and machines. Bone-crushing poundages are not necessary. 'Heavy' is a relative term anyway. Results have been achieved with sets of five repetitions and sets of 30 repetitions. It is a good practice to have variety over time with a few weeks of working in 6-10 or 8-12 ranges and a few weeks in the 15-20 or 20-30 ranges. Challenge your body, and mind, in different ways. Get after it.

Posted On 08/02/2024

robertsgt40

At 75 I do the best I can. Been in healthcare industry almost 40yrs. For years I've been dealing with peripheral neuropathy in my feet..(non diabetic). My PCP is a DO in name only. I'm looking for alternative therapy other than a TENS unit and opioid. I'm trying red light LED self treatment. Is there anything out there that stabilizes or reverses dying nerves? Thx

Posted On 08/02/2024

jerry9287

I hear that b12 shots in the feet help about 40%. There are treatment centers opening everywhere. Medicare covers it.

Posted On 08/02/2024

Boondock

Fungal infections can cause neuropathy. You may want to get checked out by a good holistic doc who specializes in infections.

Posted On 08/02/2024

Really!

A podiatrist once told me that some neuropathy is actually a vitamin deficiency. He recommended I take Magnesium, Vitamin C, Vitamin B Complex and Methyl Folate. I did and my neuropathy was history. You have to stay with it though or it will come back.

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BEST HOME REMEDIES FOR NEUROPATHY IN FEET .----- www.verywellhealth.com/home-remedies-for-nerve-pain-in-feet-5219388 (2024).----- www.medicalnewstoday.com/articles/natural-diabetic-neuropathy-treatmen.. (2024).----- lyphe.com/natural-remedies-for-nerve-pain (2024).--
www.drtoommacek.com/blog/4-natural-solutions-to-effectively-treat-neuro.. .----
www.healthline.com/health/peripheral-neuropathy-natural-treatments

Posted On 08/02/2024

alisa.armstrong

Old tonic - try two 1/4 teaspoons of baking soda and a tablespoon of molasses in a few ounces of water. This out a slam on a friend's arthritis. Maybe it would help.

Posted On 08/02/2024

juststeve

Excellent considerations to maintain a good foundation for a longer active life. Just the Gut speaking, similar to athletes cross training improves their skills, abilities; Combination - engaging a full range of motion exercises would afford great protection from serious injury. Learned in the School of Hard Knocks, when suffering from serious injuries the body will fall onto a "backup" situation. Other muscles, body movements will adapt to protect the injured area. What can happen once the injury heals; is the backup system will tend to want to stay engaged. This can keep the injured area weaker, subject to new offenses, other injury. Compound exercises can help prevent injuries in the first place and should help reboot the body back to its original set points should an injury occur.

Also, as the body ages as pointed out in the article, our muscles lose strength, but also, along with this our tendons tend to tighten up. A One Two Punch leading to bad outcomes. This leads to loss of motion, providing an avenue for injury. Hatha, physical - exercise - Yoga returns the flexibility of younger years. Both Compound Exercise and Hatha Yoga will stimulate good blood flow, clean out the lymph system while squeezing joint tissues moving synovial fluids to also protect the joints, increase our confidence to engage in movement, while increasing range of motion too.

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Yes Just, in addition, strenuous exercise and to which one is not accustomed often leads to what has been called "delayed onset muscle soreness" (DOMS). As this term implies, it has been proposed that the associated pain and stiffness result from microlesions, inflammation, or accumulation of metabolites within the skeletal muscle. However, recent research points to a strong participation of the connective tissue. The deep fascia shows an intimate structural relationship with the underlying skeletal muscle and therefore can be damaged during excessive loading. Second, histological and experimental studies suggest a rich supply of algogenic nociceptors whose stimulation evokes stronger pain responses than muscle irritation.

Taken together, the findings support the hypothesis that DOMS originates in the connective tissue associated with the muscle and not in the muscle itself. Therefore, sports and fitness professionals designing exercise programs should consider fascia-targeted methods and techniques (eg, foam rollers, collagen supplements) when attempting to treat or prevent DOMS. www.mdpi.com/.../9482 (2021). There are more and more scientific and technological ways to promote the recovery of muscle fatigue after sports, such as vibrating foam shaft, fascia gun relaxation and ultra-low temperature cold therapy.

Fascial gun relaxation has been widely used in practice, but there is still relatively little research on fascial guns. The fascia gun can immediately and effectively improve the muscle state of sports fatigue and stretching can promote the effective recovery of muscle strength within 24 hours after sports fatigue. Relaxation using fascia gun plus stretching can achieve the superposition of the two effects. www.cjter.com/.../2023.899 (2024)

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juststeve

Correct Gui, a level of activity protects us in even those situations where we find ourselves in a harder, more strenuous activity than usual, or a extreme event. Even if some injury occurs chances are it will far less in nature than a couch potato finding themselves turned into a mashed potato.

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JSANDS

Another point of view from a Doug Brignole in his youtube presentation: Does optimal muscle loading require compound or isolation movement. There are many exercises that may be harmful or even dangerous, & Doug Brignole in a youtube search will reveal examples of why ? How many of those who have trained with weights, have injured themselves, some severely ? The reason is that they have been weight training the same incorrect way for 100 years. Squats & deadlifts may be harmful, & he addresses why. Doug Brignole's presentation is a doozy regarding Leg raises. They do not work the abdomen, why ? There is no Origin or insertion of the rectus abdominus muscle on the legs. Simple anatomy. Unfortunately there wasn't a Doug Brignole to teach us why years ago. First do no harm

Posted On 08/05/2024

JBerns58

One important detail would be whether the recommended length of workout in minutes relates to the entire length of the workout or only to the length of time actually under resistance, in other words, not counting recovery between sets, etc. In my case, a 60-minute workout of 32 sets results in being under resistance for approximately 15 minutes. Clarification here seems to be crucial as regards the all-cause mortality data.

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kozypudding

Jumped 200,000 in 51 weeks at 65 which was 4 years ago, or 1,300 average each time. Boring. Jumped to -5 degrees F. At that temp , one doesn't dilly dally around. Could only skip 3 days a week due to weekly traveling. But the last two days I jumped 4,600 each or 23x200, in hour 45 minutes on a Saturday or Sunday. Laid down on lawn after pretty exhausted workout. Neighbors would go for a walk, hour later return and I'd still be jumping. 1/4 lb. rope from Crossrope. Counted each one to 20, then restart and keep track of the 20s in memory. Today, one can buy handles with app and monthly subscription that keeps track of count for you.

My goal is to have the cremator tell my kids that I had the best abs on a 100 yr old the cremator had ever seen. Go visit a nursing home and you'll start exercising today. And suggest watch what Dr. M. suggested couple weeks ago, 42 minute long video The Fit Generation. Presently each day, including walking back to start line, total 8,500 steps west and 3,500 strides east , total takes 3 hours. Half morning half evening. Nothing better to do. 5,000 sprints completed. Half way there.

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JRMcGraw

This article will be a tremendous help. And it's clear what will work -- and how to do it. I have a couple of questions -- along with a confession of how far from anything resembling "in shape" I am. (1) I have a medial meniscus tear I got in March from a fall during a seizure. I have been healing naturally -- staying off it for ~8 weeks (sitting in a desk chair and using my arms only to get around) and now slowly walking around. I went 3 miles phasing a shopping cart on Monday. I tried a few squats. The pain wasn't terrible, so I think they are okay to do.

(2) I was only able to do three (3) pushups, but am hopeful that laying on my back and using a resistance band (under me) as a push-up will work (for now) (3) I should be okay with the pull-ups. Again, with resistance bands. I have epilepsy, so driving to a gym is Uber time. I think starting this regime at home would be okay. I am most concerned about (2). Should I be concerned? I mean three??? WTH. Thoughts? Suggestions? Anything will help. I will be starting and using a "stop when it hurts" (or just can't do it) approach. TIA, JR

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" I am most concerned about (2). Should I be concerned?" I am inferring - and please say so if that is incorrect - that you have done no pushing work for some time. In that case, no, you should not be concerned; you are virtually a beginner in such movements and people in that group have different starting points. Getting into a regular routine should spark improvement because you will be challenging muscles that heretofore, have had no reason to strengthen and grow. Apply the stimulus, feed the muscles, allow sufficient recovery time, and repeat. The recovery variable is an individual thing. The process takes longer as one ages. Whereas a young person might be able to do a push routine on Monday, for instance, and be ready to do another on Wednesday, an older individual might have to wait longer.

Ironically, this effect shows up with highly-trained people as well; the bigger and stronger you get, the more recovery time may be needed as more tissue is involved. You'll know what recovery schedule works for you based on experience. For example, say you did 3 pushups on Monday. If you can only do two on Wednesday, then two days are not enough. However, if you try it again on Friday and can do four, now you have an idea of what the recovery window looks like for pushing movements.

This window may not be the same across all body parts; we all have areas that are stronger or respond better. Bands are an efficient tool and can be used by themselves or in conjunction with weights or bodyweight. For instance, you could do a set of regular pushups, as many as you can, then flip over and do what you described with the bands. You will notice differences in the strength curve between the two; the pushup is hardest at the beginning while bands are most difficult when reaching full extension. The important thing is to do it. Push yourself. Meaningful change seldom happens without discomfort and this applies to fitness, too. Best of luck.

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chiamiller

Even starting with wall or counter pushups will train you in a hopefully adequate range of motion. Then, to your knees for pushups keeping your core engaged. Your band idea is also a good way to get the arms, shoulders and chest used to the motion. Isometrics are also a good way to increase strength. GO to the bottom of a easier pushup and pause for a few seconds and repeat a few times but this could be a bit advanced. Even doing 3 regular or more and end with 3 holds will surprise you about how much it works. Just some thoughts. Glad the squats are doable, work up to also reverse lunges maybe holding onto something for balance. A TRX suspension door trainer is a great way to get lots of pulling and rows in feeling safe holding onto the strong handles.

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Turned 60 earlier this year. I had been doing the basic 7 Minute Workout on Mon/Wed/Fri for years, but nothing else consistently. This one: play.google.com/store/apps/details?id=com.popularapp.sevenmins&hl=.. Early this year, from the same app, I added their Abs workout on Tue/Thu/Sat. This abs workout is excellent for both abs and back strengthening. The routines take under 10 minutes each. Basically, 30 seconds of an intense body weight workout (some as described in this article), with a 10 second "rest" before the next one. 13-14 exercises. I really struggled to even finish the abs workout initially, but over time have no problem completing, so just push myself to do more reps within the time periods.

For example, one legged pushups in the abs workout, I initially struggled to do in the low 20s in the 30 seconds. Now do 32-36 (only one foot on the floor - switching feet every two pushups) in the 30 seconds. Followed by a 30 second plank, which (because it's immediately after those pushups - a kind of plank as well) is one of my hardest exercises to complete. I cannot begin to say how much this simple CONSISTENT routine has benefited my overall health more than any other exercises. Because it's short, I have made it unacceptable to ever skip doing them - the consistency is important, especially at my age.

I have fewer overall aches and pains than 5-10 years ago, or longer. About 5 years ago I did a year of consistent weight training with a gym membership, going 5 days/week, minimally, early AM, for 45-60 minutes. Although I had greater overall strength, I recall many times putting my hand up on my car frame above the door to help pull myself out of the vehicle, because of this or that body ache. Focusing this year on these two exercise routines, 6 days/week, less than 60 minutes total, has been far more beneficial for me than the year of consistently hitting the gym. The one thing I lack is the "pulling" exercises currently.

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