

Exercising over 50

Improve Appetite

Regular exercise promotes a regular appetite. If we are not burning calories our body may not request to eat as often as it should. Exercising helps your body use calories efficiently.

Eating breakfast is important to properly fuel your work out. If you are not hungry in the morning it may be because you ate too much the night before. Try to limit late night snacking and fill up on nutrient dense foods.

Increase Your Muscle Mass

Even though the speed of muscle formation decreases over time, our bodies ability to become stronger never stops. Resistance exercises like push ups, sit ups, and weight lifting helps build muscle and support bones.

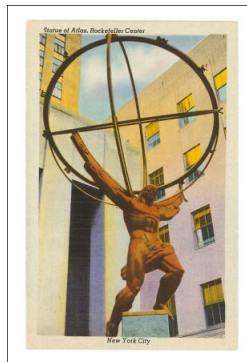
Find a local community center where you can use weights 2-3 days a week. Consult a personal trainer about proper techniques! Come to a Yoga, movement or exercise class here at GMHC !

Mobility

It's no secret that as we age we become less agile. Research shows that adults who perform resistance and aerobic exercises have an easier time getting around late in life.

Already having joint pain is no excuse. In a study published by Tufts University 43% of individuals with arthritis who implemented strength training reported an ease in painful symptoms.

A.C.H.I.V.E



Give Your Immune System A Boost

Exercise improves CD4 (*T-cell*) count. Studies show that older adults with HIV, who exercise, have higher CD4 counts and a therefore stronger immune response.

As we age our bodies turnover, or use, a greater amount of CD4 cells; in addition to producing less. This creates a deficit in CD4 cell stores. Regular exercise can help enhance your immune strength as you age.

You're Not the Only One

Many older adults are active in your area! Joining a local senior center or taking a peek to see what your local YMCA has to offer is a great place to find activities geared toward older adults.

Another idea would be to gather some neighborhood or community friends to get you going. Maybe recruit younger family members to get in on the action!

Increase Energy

The last thing you may want to do when your tired is exercise. However, getting up and out can give you just the energy boost that you may need.

As we increase our activity blood delivers oxygen to the body. This oxygen feeds our cells and can help wake us up.

If energy is low and you normally walk for 30 minutes commit to a 15minute walk. You will probably find that by the time you're done you'll be energized enough to complete your full 30 minute routine.

ACHIVE

A: Ask yourself where you would like to be.

C: Consult professionals for accurate information.

H: Help from friends, family, and care providers is important!

I: Implement your plan.

V: Visualize Success.

E: Exercise for Life!

sources:
www.nimh.nih.gov
www.aidsmap.com