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Workouts Important for Seniors

For many years I have written about maintaining your strength as you grow older. When I started writing about this topic, I was 64 years old. As I added years, I was still running and lifting weights five days a week. By age 70, I had stopped running due to a hip operation but went to the gym regularly. I also became more conscious of my diet, which helped me maintain my weight at a decent level for my age and height.

At age 80 I suffered a stroke, but my conditioning program, along with my strong faith beliefs, enabled me to recover and continue my work with seniors. After a couple of good years, my knees started signaling a problem. I went to physical therapy and did the prescribed workouts, but resorted to knee surgery last year.

It was not easy, and I have been in PT since August 2020. My next hurdle is water therapy, as I am not pain-free and can not walk without my walker. However, it is important to never give up and make every effort you can to recover. My goal is to once again walk on my own and then have the needed surgery on my second knee.

Conditioning, maintaining muscle strength, keeping your weight under control, and staying as flexible as possible are all factors to consider as you age. For me, I must be especially careful about my balance. You can remove rugs and move furniture to make it easier to walk through rooms. Still, always thinking through or planning your next move is so very important.

Recently I took a shower, following all the safety protocols, exited, and walked

to my shower seat in front of my sink. The towel on my seat had fallen to the floor. Instead of using my grabber to pick it up, I bent down, overextending myself. As I reached for something to hold onto, there was nothing but empty air, so I fell to the floor. While tile is unforgiving, I was close enough to the floor that I did not injure myself. Getting up, however, was a real challenge. Had I not been in a really good home conditioning program, I doubt I could have done it.

My most recent therapist showed me how to loosen my hamstrings, use my knuckles to work on the tendons around my knee, massage the muscles in my thighs, and straighten my legs so I can walk again without the walker. Doing what I am doing is something you can do too. It is easy to become a couch potato, but with a little effort most seniors can develop a regular workout program. You will be surprised at what daily stretching exercises can do for you.

Please take my words seriously. I have had a lot of "on the job training" and would gladly speak to anyone about its value, especially the training we need as we retire. And, do not say you are too busy to develop a workout program. Personal trainers are there for a reason, as are gyms and outpatient rehabilitation programs. Spending a few dollars now may save you a huge amount recovering from a fall that could have been prevented had you taken better care of yourself.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsOfBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.



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