

# Fitness Through the Years

## Adapting Your Exercise Regimen for Life-Long Benefits

### In Your 20's

- Body is most susceptible to change
- Rapid progress in both cardio & strength is possible



### In Your 30's

- Don't achieve progress as quickly
- More susceptible to injury
- Recovery time is critical



### In Your 40's

- Work & Family life often begin to take a toll on health & fitness regimens
- Those who have not remained active, may begin to notice age-related health problems
- Common health concerns such as high blood pressure, stress, depression, and heart disease begin to make regular physical activity crucial



### In Your 50's

- May notice need to begin modifying type of exercise performed to accommodate physical limitations
- Primary cardio exercise should be lower intensity
- Continue resistance training to minimize loss of strength



### In Your 60's

- Maintaining strength becomes priority
- Body weight & ground-based to stimulate muscle growth & maintenance
- Lower intensity, steady rate cardio



### In Your 70's & Beyond

- Mode of physical activity becomes less important than amount
- Engage in regular hobbies that involve physical activity
- Minimize sedentary time
- Gentle yoga, light resistance/balance training and water exercises are excellent for maintaining independence



Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

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