

[IMAGE]

Stay Strong for Life

By Editorial Staff

We all know the health benefits of exercise, but do you know the benefits can be realized whether we're 20, 40, 60 or 80 years old? Case in point: A recent study investigated the value of a low-impact exercise program using elastic bands. The eight-week, 40-minute-per-session (four days per week) program involved elderly women, with a control group that did not exercise used for comparison. In the exercise group, variations to the number of band exercises were implemented according to whether the participant showed improvement in their physical fitness levels.

After eight weeks, women who completed the exercise program showed significantly improved leg muscle strength (measured as sit-to-stand repetitions in 30 seconds), leg muscle endurance (measured as number of knee-ups in 2 minutes) and balance (one-leg standing time with eyes open).

The lesson is simple: Never stop exercising! If you're not currently participating in a regular exercise program (regardless of your age), why not get started now? After all, getting old doesn't mean you have to *feel* old. Talk to your doctor for more information.

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