

150
Years of
Legacy

July Club Magazine



COSMOPOLITAN CLUB

Chennai

Dr. Priya Chockalingam

MBBS, MRCPCH, PhD Cardiology
Founder & Clinical Director, Cardiac Wellness Institute, Chennai
www.cardiacwellnessinstitute.com

Ageing and exercise - Made for each other

Ageing, as believed by many, should not stop you from doing activities; on the contrary, it should allow you to do all your favourite activities and lead a healthy life. Engaging in regular exercise is the best way to achieve this.

Most people think that walking is the only exercise suitable for elders. While walking is definitely suitable for all ages and health conditions, there are many types of exercises that you can do as you age. Exercise is an important part of everyone's health and this is very true for elders too. "If you don't move, you won't move" is an old saying. That is quite right because as we age our physical and mental abilities change causing both deterioration in coordinated function and an increasing dependence on others. Hence, as a cardiac wellness physician, my advice for all of you out there is: "start to move now and prevent ill health forever".

You are all aware that high blood pressure, diabetes, arthritis, heart disease and stroke are common in the elderly. What you might not know is that all of these conditions can be controlled and reversed with exercise. In fact, frequent falls or fear of fall due to impaired balance and coordination is the worst enemy to a happy and fun-filled life; even this can be solved by regular exercise. Additionally, muscle strengthening exercises help to improve your level of performance in daily activities. While these are all compelling arguments to start your exercise regimen right away, remember to get proper

medical advice prior to starting any new exercise.

Types of exercises ideal for seniors

There are various types of exercises that you can do to improve endurance, muscle strength, balance and coordination, they are:

- * Mild/moderate intensity aerobic exercise (eg. brisk walking, swimming, cycling, dancing)
- * Flexibility training (eg. yoga, stretches)
- * Strength training (eg. bodyweight exercises, light dumbbells)
- * Balance and coordination training (eg. single leg stand, tandem walking)
- * Breathing exercise (eg. abdominal breathing, pranayama)



Benefits of regular exercise

- * Improves your endurance and strength and thereby helps you to stay independent



- * Improves your balance and prevents falls
- * Gives you more energy and allows you to enjoy your favourite activities
- * Prevents and reverses diseases, such as heart disease, diabetes, arthritis and osteoporosis
- * Improves your mood and fights off depression and dementia

Some tips for a safe and enjoyable exercise routine

- * Always start your exercise session with a warm-up period and end with cool-down stretches
- * Drink adequate fluids to stay hydrated
- * Start slowly and set reachable goals
- * Exercise in a small group to stay motivated
- * Listen to your body and respond to its needs
- * Do not overdo any exercise
- * Avoid strenuous exercises when you are sick

Stop exercising and contact your doctor if you experience any of the following symptoms:

- * Chest pain, palpitations or a feeling of tightness
- * Undue muscle or joint pain
- * Unexpected fatigue or tiredness
- * Excessive shortness of breath or sweating
- * Light-headedness, dizziness

The definite way to attain all the health benefits of exercise in your old age is to start doing exercise in your younger years. It is never too early to start exercising, and it can never be too late whatever your age! The team at Cardiac Wellness



Institute provides medically supervised programs to improve the health status of all individuals including senior citizens and those with heart ailments. If you are interested and eager to know more about the seniors' fitness program please feel free to contact us, we will work with you to improve your health and your quality of life in an enjoyable manner.