

## Interested in living healthy in 2014? Get moving!

BETH ERNST  
Splendido

Do you wish those late-night TV commercials for magic anti-aging serums were true? Well, if you're looking for a miracle cure that can make you look and feel younger, as well as help prevent disease and increase your lifespan, then look no further than the nearest gym.

Regular exercise has so many health benefits that it truly does seem miraculous—and that holds true for those who decide to start working out in their 50s, 60s and even 70s and 80s.

While people of all ages exercise in order to lose or maintain weight, there are many "bonus benefits" to working out that can really pay off for those age 55 and better. Regular exercise can reduce your risk of cardiovascular disease, diabetes, and even some cancers. It also strengthens muscles and bones, which can improve your ability to do nearly anything, from your opening a child-proof prescription bottle to hauling groceries or climbing in and out of your car— all the things that can keep you active longer.

Regular workouts have been proven to boost your overall mood, and combat depression. They even improve brain health and can strengthen your spatial memory (that is, remembering how to find your way around a familiar town). And exercise can actually extend your life!

### YOU CAN GET STARTED TODAY

In my role of Life Enrichment Manager at Splendido, which is an all-inclusive community for adults

55 years and better here in Tucson, I work with many people to help them learn healthy fitness habits that they use to reach their wellness goals. I'd like to share some tips for building your own solid program of regular exercise.

First of all, if you are not currently exercising, your first step should be to consult with your physician, and get his or her input and consent on the type of exercise you want to do.

There are two components to any solid fitness plan: cardiovascular activity (cardio) and strength training. Both contribute to the amazing benefits I mentioned earlier, so please be sure to include both in your plan.

### CARDIO: FROM ZERO TO 150

Cardio is physical exercise of low-to-moderate intensity that depends primarily on the aerobic energy-generating process. For your cardio exercise, find something you're interested in and can enjoy long-term. Think beyond jogging – join a dance class or walking group, or try water aerobics or zumba. Finding a workout buddy will help you stay on track. Or you can simply start walking regularly—with the ultimate goal of walking 10,000 steps per day. Wear a pedometer and watch those steps add up.

When you're just getting started—particularly if you are not a habitual exerciser or have health issues, start slowly and work your way up. You can begin with just five minutes a day and add to that a few minutes at a time. Include a brief warm-up and cool-down before and after every session. Once you're accustomed to exercise, your ultimate goal is 150 minutes per week of cardio exercise.



Courtesy Photo

Put your best foot forward! The 10th annual Arizona Distance Classic is coming to Oro Valley on March 23, with a half marathon, quarter marathon, Splendido 5K and Splendido Super Mile Walk. Everyone is welcome to participate - reserve your spot at [www.arizonadistanceclassic.com](http://www.arizonadistanceclassic.com)

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### STRENGTH TRAINING TIPS

A number of Splendido residents I work with enjoy regular fitness classes (like our Hydro Fit group that does low-impact aerobics in one of our swimming pools), or they'll get moving by playing bocce ball together. These are great ways to enjoy physical activity, but don't neglect the strength training.

Always practice safe strength

training by working with a personal trainer or a class instructor, particularly when you are just starting out. You can either lift weights or use weight machines, and to enjoy the health benefits, you should plan on a session two to three days a week, with at least a day between sessions.

On March 23, the 10th annual Arizona Distance Classic will once again draw thousands of people from across the country and locally. The half marathon, quarter marathon, Splendido 5K and Splendido

Super Mile Walk will take place in Oro Valley. Everyone is welcome to participate. Plan to start living healthy today and reserve your spot at [www.arizonadistanceclassic.com](http://www.arizonadistanceclassic.com).

*(Editor's Note: Beth Ernst, MS, CPT, is Splendido's Life Enrichment Manager and a certified personal trainer. She has worked in fitness and health for 15 years, and is passionate about people and dedicated to healthy living principles.)*



## SO MUCH MORE THAN A PLACE TO LIVE.

Splendido is an all-inclusive community for those 55 and better – and it's much more than meets the eye. It's investment protection, financial security, and health care assurances you may not need today, but will take comfort in knowing will always be there.

Come see our NEW model homes rivaling near 3,000-square-feet, call us at (520) 762.4084.