



To Your Health

Never Too Old to Exercise

You're never too old to live healthy. Changes in diet and the addition of exercise into your lifestyle can make significant differences to your health and overall wellness.

In a study published in the *Journal of Aging and Health* and conducted at the University of South Florida School of Aging, Professor Ross Andel and co-researcher Robert Simons, executive director of the Bonsai Holistic Spa and Wellness Center in Largo, Florida, demonstrated a noticeable increase in body strength, flexibility, balance and agility in study participants. The 64 volunteers, ranging in age from 66 to 96, were divided into a walking group, a resistance training group and a control group that did not exercise. In the training group, warm-ups, stretching and flexibility exercises were followed by workouts on resistance training equipment.

The walking and resistance training groups both benefited from the study, suggesting that physical activity can offset physical declines that come with aging and preserve functionality among seniors. Your doctor of chiropractic can tell you more about the benefits of consistent exercise and help outline a program suitable to your needs. For more information on senior health, visit www.chiroweb.com/find/tellmeabout/senior.html.

Reference:

Simons R, Andel R. The effects of resistance training and walking on functional fitness in advanced old age. *Journal of Aging and Health* 2006;18(1):91-105.



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