

# FOREVER FIT WITH MP PT



**Hello to all, whether you are a new reader or one of our avid followers.**

I thought I would take an edition out from doing the Q&A page and expand on one of the many questions that I feel needs exploring a little more regarding the training of the older generation. Did you know that the British government consider anyone over fifty years old as an 'older person?' As wrong as this sounds it is indeed true. October 1st is even classified as 'National Older Person's Day!'

Growing older doesn't mean you have to lose strength or any of your ability to do everyday tasks. Exercise can help older adults feel better and enjoy life more, even for those who think they're too old or too out of shape. In reality an inactive lifestyle can cause older adults to lose ground in four areas that are important for staying healthier for longer and in maintaining their independences: strength, balance, flexibility, and endurance.

Exercise can also benefit older people by improving mood and outlook. Inactivity however can do a number of things to your psychological well-being including your self-esteem taking a nose dive.

Just by simply stretching, walking and staying socially active you can help improve your own outlook on life, and with an improved outlook you may notice changes in your physical well-being.

Which leads me to the question: How old is too old to train? Or indeed to use a gym?

Well the good thing about exercise is that it can be tailored to meet all age groups, including those that have medical reasons, or who feel they are no longer able to take part. There are so many sufferers of ailments such as Arthritis (not just within the 'older generation') or even Osteoporosis. Doctors even suggest light exercise for such conditions as well as others. In many cases though that is where their help ends. So where should you turn from that point?

All health clubs will have staff on hand to advise on which exercises are suitable, but few will have a specific person or group designed to benefit those requiring the help. Which brings me nicely onto a plug for my own training group, for those over 50. Currently our oldest

member is in her 80's!

Forever Fit has been especially designed for those over 50 who want to combine a fresh new social life with a healthier, fitter lifestyle. It combines group warm ups with personal gym programmes and varied group classes as well as various social outings. If you or someone you know would benefit from joining such a group contact me for more details or take a look at my website.

If you're new to exercise, start slow and work on increasing it over time. The benefits of activity far outweigh the risks. Don't forget that exercise is supposed to be fun, so whatever you choose to do, enjoy it and stay healthier for longer.

Martin 

For more information on Forever Fit and MP Personal Training call 07717 455 144, email [martin@martinpetriepersonaltraining.co.uk](mailto:martin@martinpetriepersonaltraining.co.uk) or visit [www.martinpetriepersonaltraining.co.uk](http://www.martinpetriepersonaltraining.co.uk)

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