

April 2008

116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Ask the Expert: Fighting aging with exercise



Q: I'm no longer in my 20s. How should my exercise routine change as I age? Can exercise really fight the signs of aging?

A: Age does increase our risk for certain diseases. If we have a family history of certain disease, then we are hit with a double whammy. So, exercise and diet are two key components that can help us to age gracefully and hopefully do so with fewer problems. Knowledge and action are the keys to fight the signs of aging.

First, aging should be understood as part of the human life cycle. It is something we know is coming, and we should prepare for whatever it brings. Once that is truly accepted, then we can begin to find our weak areas and take action to improve them.

Exercise is a major player in growing old gracefully. It is true: If you don't use it, you lose it. It is technically called muscle atrophy. When we do not use a muscle for a period of time, that muscle begins to get smaller or atrophy. This goes for our heart muscle as well as our bicep. So, in order to continue to "use it," follow

the ACSM guidelines for exercise:

1. **Cardiovascular/aerobic exercise:** 20-30 minutes per day, 3-5 days per week, of vigorous to moderate intensity exercise, respectively. Walk, jog, swim, bike, move!
 2. **Muscular strength:** Do 2 sets of 10-15 reps at least 2 days per week, with a day off in between. Use moderately heavy weights for all major muscle groups.
 3. **Flexibility:** Stretch major muscle groups 3-4 times, holding for 15-30 seconds each 2 days per week.
- (***Important**** These are the minimums! The more exercise we get safely, the greater health benefits we see!)

Besides preventing muscle atrophy, exercise can help reduce blood pressure, reduce risk for cardiovascular disease and other chronic diseases, increase flexibility (essentially helping us to stay independent longer), increase muscle tone (keeping us independent), and increase energy and mood (something that aging hormones can disrupt).

If you have been diagnosed with a medical condition, you should always see your physician first regarding exercise. Arthritis, osteoporosis, cardiovascular disease, diabetes, and other conditions have special considerations for exercise. See your health care provider for instructions that are unique to you.

— Carrie Davidson, ACSM HFI, Wellness Coordinator

Calendar

Treat yourself to a chair massage

The cost is just \$5 for 10 minutes or \$10 for 20 minutes (no refunds). Reservations required. The next chair massage is **April 15**, from 11 a.m. to 3 p.m., at the Seaton Center. To make an appointment, call (859) 257-9355.

Wildcats on the Move

Wildcats on the Move is a 10-week program that allows you to set your activity goals, and then choose how to achieve them. The cost is just \$5, and all UK employees, retirees, spouses, and sponsored dependents are welcome to participate. **Register by April 16**. For more information, visit www.uky.edu/HR/wellness/WildcatsOntheMove.html.

Lunch & Learn

Attend our three FREE Focus on YOU: Lunch & Learn Sessions this spring. The first session, "Focus on Fitness: Strength Training," is **April 16**, from 12:10-12:50 p.m., at 127 Wethington Bldg. Register at www.uky.edu/HR/wellness/lunchandlearn.html.

Need help meeting your weight loss goals?

Now is the perfect time to make good health a priority by joining

the Weight Loss Matters program. New classes begin Tuesday, April 22, or Thursday, April 24. **The registration deadline is April 17, and class size is limited.** For more information, visit www.uky.edu/HR/wellness/weightlossmatters.html.

May 1, FREE Health Screening

WOW is a free mobile health screening. The next WOW is **May 1, from 8:00 a.m. to noon, at Good Samaritan**. Register at www.uky.edu/HR/wellness/healthscreening.html.

Better Health: To Go - 2008 Health & Wellness Conference

What's on the menu? A day full of practical tips on how to sleep better, decrease stress, build relationships, be more heart healthy, and bring more laughter into your life. Mark your calendar for the UK Health & Wellness Conference, **Friday, May 16, from 8 a.m. to 4:30 p.m., at the Student Center**. Admission to the conference is **FREE** for UK employees, retirees, spouses and sponsored dependents.

For more information on these events and all of the UK Health & Wellness programs offered to you, please visit www.uky.edu/HR/wellness.

April Specialty Class: Dumbbell Circuit Training



Chance Cianciola, ACSM CPT
Graduate Assistant

Getting bored using weight machines? Want a new way to resistance train? Come and learn about a dumbbell workout that can replace the machine circuit.

- Alumni Gym, Friday, April 18, 1:00 p.m.
- Seaton Gym: Wednesday, April 23, 6:00 p.m.