

Stay Fit

and Never
Quit...

With CAS

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CPR & AED 2023

STAY FIT

&

NEVER QUIT

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke. Once you are exercising regularly, the hardest thing is to stop and if you don't make time for exercise, you'll probably have to make time for illness. The body achieves what the mind believes, and your self-worth is determined by you.

We all know that life has its ups and downs, we call them squats and push ups in the fitness world, so the only bad workout is the one that didn't happen today.

Remember fitness is not a destination, it's a way of life..

The current recommendations for exercise prescription in older adults indicate that the exercise program should include 150-300 minutes per week of moderate aerobic activity, flexibility and balance component at least twice weekly and strength (resistance) training at least twice weekly.

As a general recommendation, it is advised to engage **in a minimum of 30 minutes of moderate-intensity physical activity, such as brisk walking, on five days of the week.**

Alternatively, one can opt for 22 minutes of vigorous-intensity aerobic activity, such as hiking, jogging, or running, on a daily basis. This recommendation aims to promote overall health and well-being.

WHAT HAPPENS IF SENIORS DON'T EXERCISE?

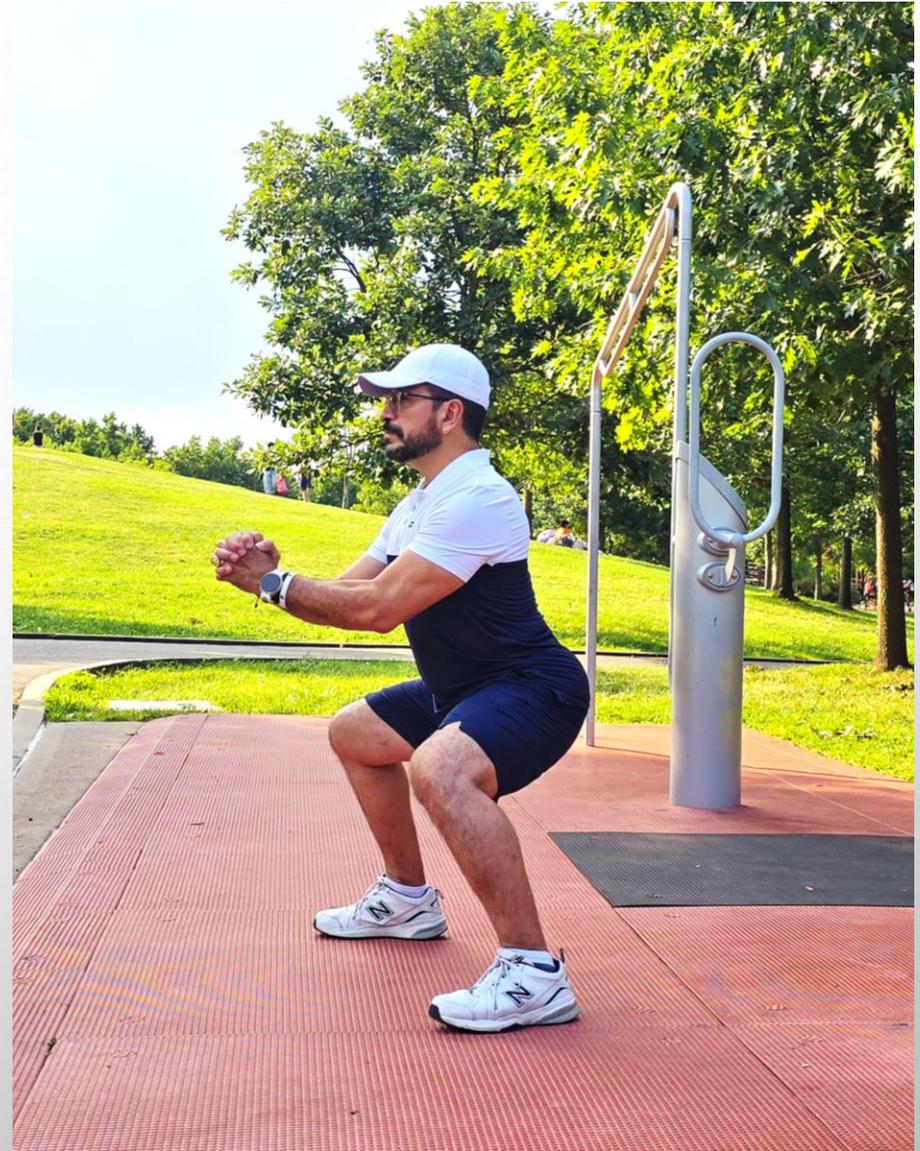
Without regular exercise, people over the age of 50 years can experience a range of health problems including: reduced muscle mass, strength and physical endurance. Reduced coordination and balance. Reduced joint flexibility and mobility.

1. SQUAT

The squat is a fundamental exercise that holds great significance for individuals of all ages. It not only contributes to strengthening the legs but also plays a crucial role in facilitating essential daily activities. For instance, when using the restroom, getting into a car, or performing simple actions like sitting down or standing up, the squat is an integral movement.

Neglecting proper execution of squats can potentially impact an individual's quality of life. This exercise effectively targets and strengthens the lower body, particularly the glutes and quadriceps, while simultaneously engaging the core muscles.





HOW MANY SQUATS SHOULD SENIORS DO DAILY?

If you've been doing three sets of 10 reps (30 total), you could do three sets of 15 reps (45 total) or four sets of eight reps (32 total). Add weight. You could hold dumbbells, a medicine ball, or a kettlebell. It's always best to start with a lighter weight and go up gradually.



SQUAT BENEFITS

- Improves **stability & flexibility**
- **Burn calories** faster
- Improves **posture**
- Speed up **weight loss**
- Improves **joint health**
- Increase **testosterone** production
- Increases **blood circulation**
- Improves the **digestion**

2. PUSH-UPS

Push-ups are one of the best exercises for strengthening the upper body, more specifically push-ups strengthen the chest, shoulder, arm and core muscles.

Unfortunately, push-ups are not the easiest exercise to perform, it is important to maintain proper form and control during the exercise. If you are new to push-ups, modify by performing knee assisted push-ups. Among the numerous benefits of push-ups are strengthen muscles, offer various variations, improves posture, strengthen the chest muscles and strengthen the bones.



Push-ups are beneficial if performed by older adults as they enhance the strength of the shoulder muscles and the upper body. Strengthening the upper body helps to protect one from any injury. Keeping the muscles around the shoulder healthy and posture in check is necessary.

MEN AVERAGE PUSH UPS

50-59 10 – 12 PUSH UPS

60+ 8 – 10 PUSH UPS

WOMEN AVERAGE PUSH UPS

50-59 7 – 10 PUSH UPS

60+ 5 – 11 PUSH UPS



The researchers of Harvard school of medicine calculated that men able to do more than 40 push-ups on one try had a 96% reduced risk of CVD events compared with those who were able to do less than 10 push-ups

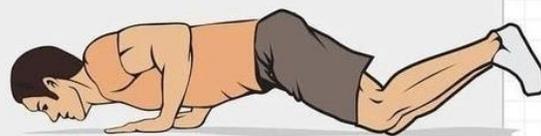
Regular Push Up



64%
Of Bodyweight

Push Up On Knees

49%
Of Bodyweight



Age	20-29		30-39		40-49		50-59		60-69	
Sex	M	F	M	F	M	F	M	F	M	F
Excellent	36	30	30	27	25	24	21	21	18	17
Very Good	35	29	29	26	24	23	20	20	17	16
	29	21	22	20	17	15	13	11	11	12
Good	28	20	21	19	16	14	12	10	10	11
	22	15	17	13	13	11	10	7	8	5
Fair	21	14	16	12	12	10	9	6	7	4
	17	10	12	8	10	5	7	2	5	2
Needs Improvement	16	9	11	7	9	4	6	1	4	1



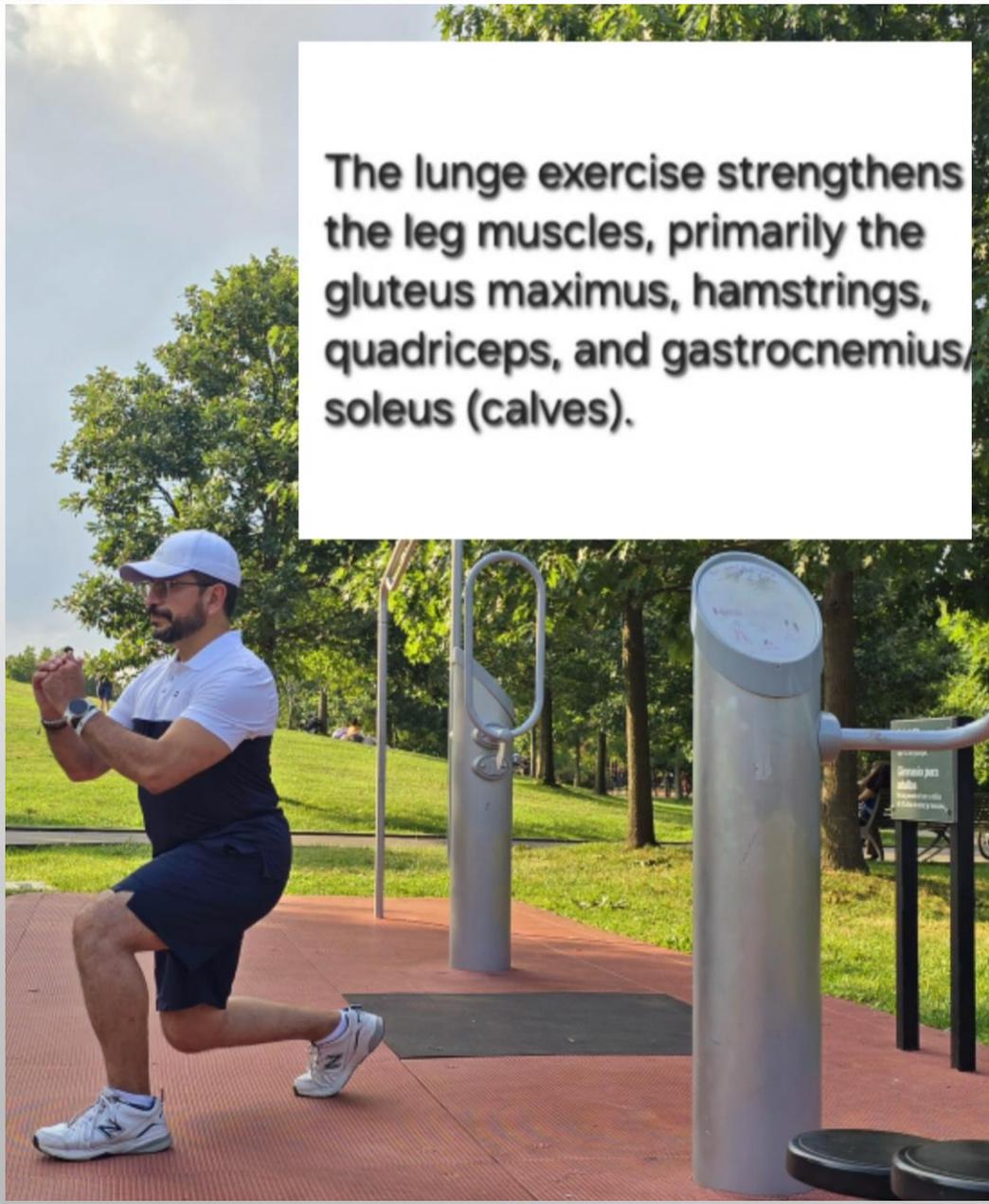
Push-ups help strengthen

- Chest muscles
- Shoulders
- Triceps
- Biceps
- Upper back muscles

3. LUNGES

Similar to the squat, the lunge is a compound movement that engages multiple major muscle groups during the exercise. Specifically, the lunge targets the quadriceps, glutes, and hamstrings. By maintaining a more upright torso during the movement, the emphasis shifts to the quadriceps, while leaning forward places more tension on the glutes and hamstrings. Additionally, the lunge is a unilateral movement, meaning it works one limb at a time, which can be beneficial for promoting muscle balance.



A man wearing a white cap, glasses, a white polo shirt, and dark shorts is performing a lunge exercise on a red rubber mat at an outdoor gym. He is in a lunge position with his right leg forward and his hands clasped in front of him. The background shows green trees and a clear sky.

The lunge exercise strengthens the leg muscles, primarily the gluteus maximus, hamstrings, quadriceps, and gastrocnemius, soleus (calves).

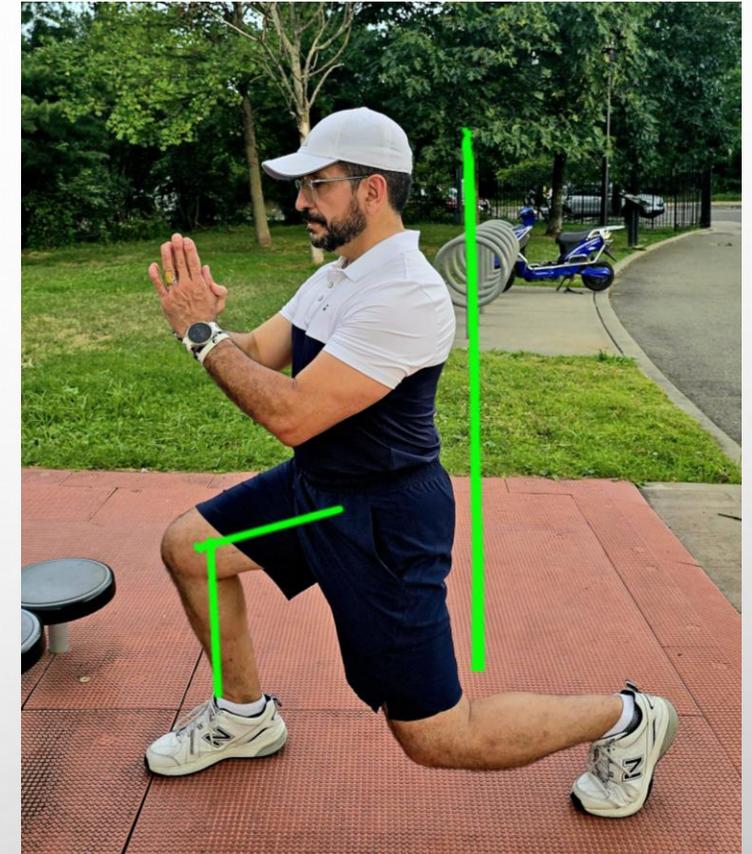
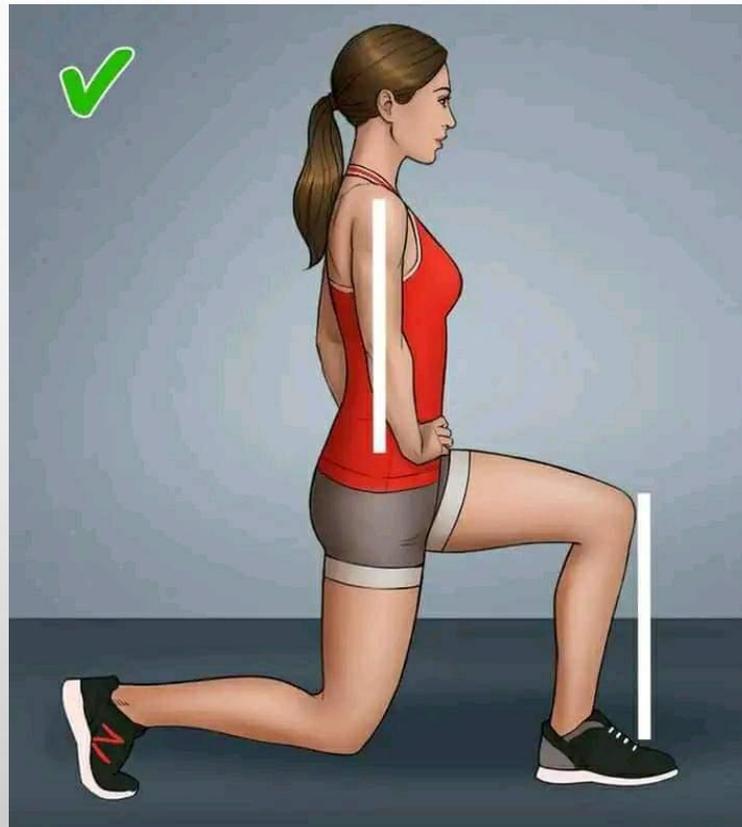
Lunges are one of the best leg exercises for any age, especially for seniors because they help target a wide range of muscles, including hard-to-reach regions. Lunges engage your core and abdominal muscles. Adopting lunges into your exercise routine can help you build stability which when you move your hips up and down.

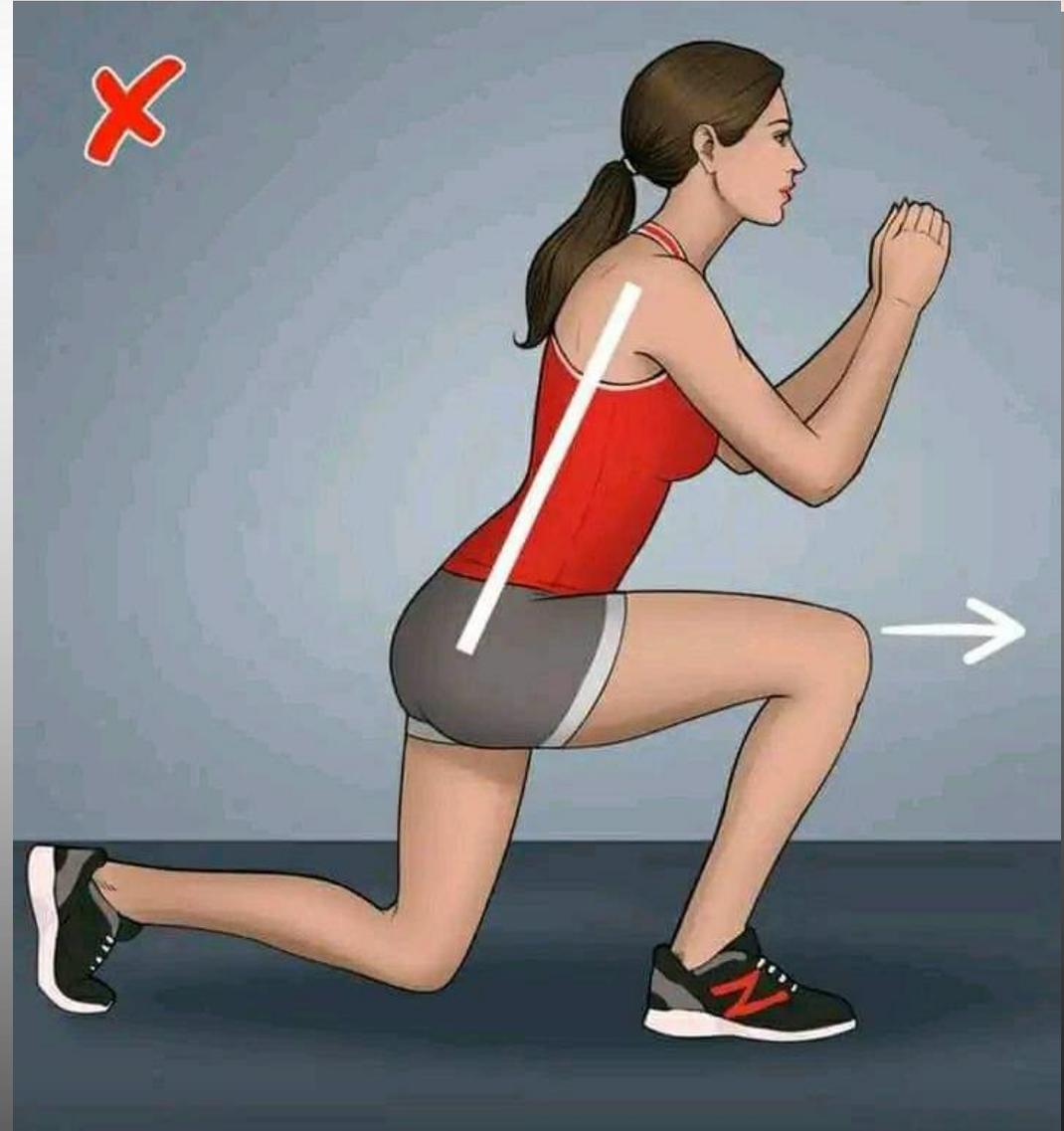
HOW MANY LUNGES SHOULD I DO PER DAY?

Whether or not you can or should do lunges every day depends on your fitness level and your individual risk of injury. Start with one set if you're a beginner and add more as you get stronger. If you're doing lunges with challenging weights with a goal to increase strength endurance, do fewer repetitions per set. You might do two to four sets of 8 to 12 repetitions.

WHEN SHOULD YOU AVOID LUNGES?

Patients with meniscus tears or damaged articular cartilage, for example, are often better off avoiding the deep squat motion required for a lunge. And for anyone who still experiences knee pain despite perfect lunging form, other exercises might be a better bet.





4. PLANK

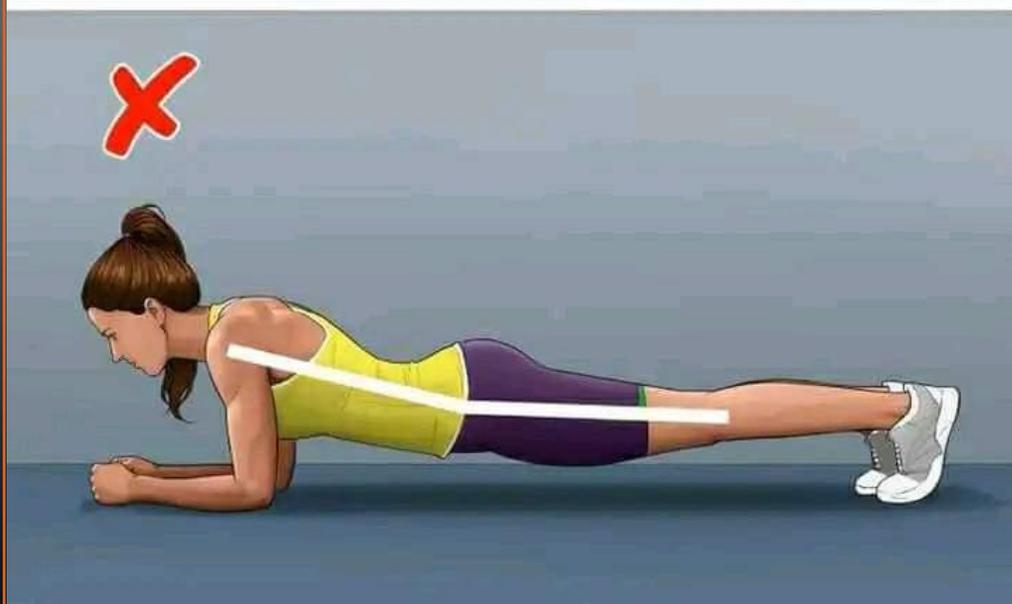
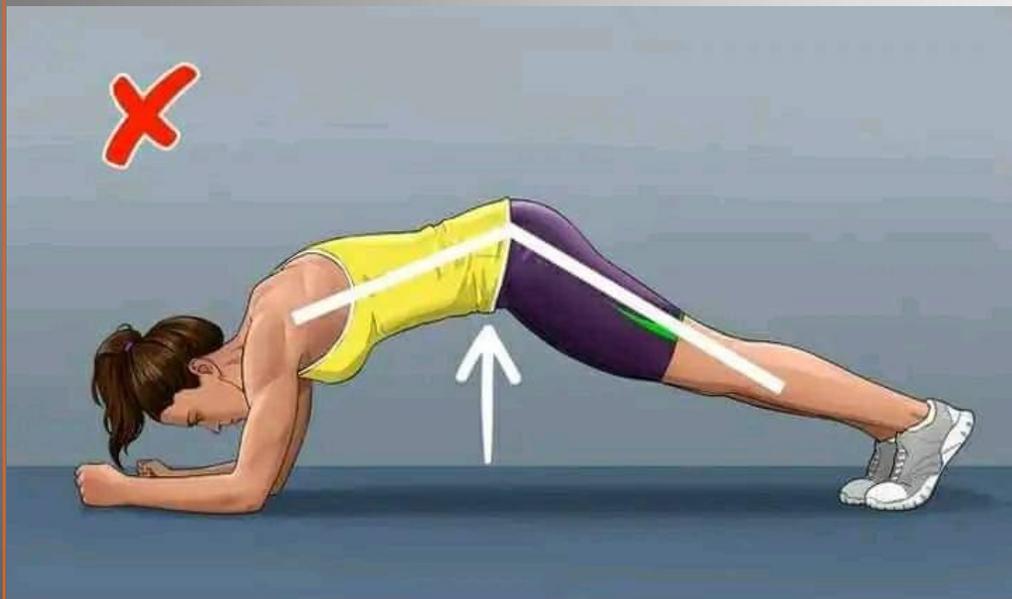
The plank primarily targets the core muscles, including the abdominals, back, and hips, but also involves the arms, shoulders, and legs. This exercise can also improve core strength, stability, and balance, which can help older adults maintain good posture and reduce the risk of falls. However, older adults with limited mobility or balance issues may require modifications or alternative exercises.



The plank exercise improves balance and stability. Many people have impaired balance and an increased risk of falls. The plank helps to strengthen the muscles that support balance, such as the core and oblique muscles, as well as the leg and thigh muscles. This can help reduce the risk of falls and improve overall stability.

HOW LONG SHOULD A SENIOR HOLD A PLANK?

Most experts suggest anywhere from 10 up to 30 seconds is plenty. Focus on doing multiple sets of smaller amounts of time. As you progress, you can extend your plank for up to one or even two minutes, but don't go beyond that.



MODIFICATION



5. BURPEES

Older adults can do the same exercises as us, just with certain modifications, burpees are a great activity to show progress and showcase your ability. Burpees can be tough especially if you've never done them before but if you do burpees every day, even just a few you'll be strengthening up like a pro in no time regardless of your age. The burpee is a simple but effective tool for a total body workout it's a great way to work most of the major muscle groups of the body to efficiently strengthen both the upper and lower body even the extremities like the hands get a workout. Burpees are great because they work shoulders, arms, core, glutes quadriceps, and hamstrings practically a whole-body workout. Burpees are an excellent exercise to help you get in shape quickly.



To start doing burpees you should stand with your arms at your side squat down until your hands reach the ground jump and push your legs back and upon landing you should be in the plank position hold the plank for a moment and then jump your feet back to your hands. if you want to make the Burpee more challenging add a push-up before bringing your feet back to your hands, jump and extend your arms over your head as you rise land standing up and repeat the exercise as many times as you can.



HOW MANY BURPEES SHOULD I START WITH AS A BEGINNER?

As a beginner, start with 3 sets of 5-10 repetitions, with rest intervals between sets. Gradually increase the number of repetitions and sets as your fitness level improves. If you have knee issues don't jump and modify by tip toeing.



6. GLUTE BRIDGE

The glute bridge exercise is advantageous for individuals of all ages, particularly older adults, as it contributes to maintaining healthy muscles. The glute bridge or pelvic lift, which specifically targets the gluteus maximus muscle.

Strong glutes play a crucial role in various daily activities, including walking and climbing stairs. However, their benefits extend beyond leg movements, as they are also involved in numerous other everyday tasks.

Furthermore, strong glutes contribute to a firmer core, which in turn strengthens the back and knees. By incorporating weighted hip lifts into one's routine, these muscles can be progressively strengthened over time. The enhanced strength and mobility gained from this specific exercise will be evident in daily life.

It is essential to perform weighted hip lifts correctly to prevent injuries and ensure progress.



HOW MANY GLUTE BRIDGES SHOULD YOU DO?

If you are a novice, you may begin with 5 repetitions. However, the ideal goal is to perform approximately 10 repetitions, holding each repetition for 8 to 10 seconds. Rest for approximately three to four seconds between repetitions. Aim to complete two to three sets of this glute bridge exercise.



7. WALKING

Studies show walking can help protect the aging brain from dementia and Alzheimer's disease. It was found that age-related memory decline was lower in those who walked more. This study found that participants who were more active had a 20 percent lower risk of cognitive impairment than those who were inactive.

- Strengthen your muscles.
- Help keep your weight steady.
- Lower your risk of heart disease, stroke, colon cancer and diabetes.
- Strengthen your bones, and prevent osteoporosis and osteoarthritis
- Help reduce blood pressure in some people with hypertension.
- Improve your balance, coordination and decrease your likelihood of falling.
- Keep your joints flexible.
- Increase your confidence and mood, and help you feel better.
- Improve your energy levels and increase your stamina.
- Reduce anxiety or depression.
- Improve your social life – walking is a great way to get out and meet people or socialize with your friends.

Being able to walk without help is one of the strongest indicators of whether someone can live independently. Older adults who exercise regularly are more likely to walk without assistance and do things for themselves around the house.

HOW MUCH SHOULD SENIORS WALK PER DAY?

Find a distance and pace that's comfortable for you, and then set realistic goals for increasing your steps as your abilities improve. Many experts agree that the recommended steps per day for seniors is **7,000-10,000**.



8. LOUHAN PATTING MASSAGE

The technique involves lightly slapping or striking the body on various pressure points. You cup your hands and tap vigorously arms, torso, legs, knees, feet and even your face.

WHAT ARE THE BENEFITS OF LOUHAN PATTING?

- Boost immune and circulatory system, flowing nutrients to injured areas, repairing tissues.
- Stimulated the body to clear out stagnated blood and inflammation.
- Energizes the cells activity.
- Activates natural healing through stimulation of the kidney and bladder meridians.



Up and down center torso—heats up core

Top and underside of arms—heart and lungs

Torso and under armpits—lymphatics and spleen

Mid-torso sides—liver and spleen lower

Chest—kidney meridian

Butt—is for the bladder meridian

Pinkie side of the hand—the small intestine (“karate chop” these areas)

The lower back—kidneys and adrenals

The face and points around the jawline—improves complexion

The sides of the neck—helps prevent sore throats

Forehead & back of neck—aids sinus and reduces headaches, stimulates bladder meridian and endocrine system

Corner of eyes—gall bladder

Under eyes—stomach

Rubbing the ears—ears contain over 100 acupressure points

Between the eyes—bladder meridian and endocrine system

Tapping the upper lip—called the governing vessel, good for the brain

Lower lip—is called the conception vessel and is also good for the brain

Side of knees—one spot there is “Stomache 36” said to strengthen the whole immune system and boost longevity.

There are other pressure points, but they’re learned properly through a video.

Meaning of Louhan

Luohan is **a disciple who has attained enlightenment through intense personal effort.**

THANK YOU



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