3 Things You Can Do Today To Feel Younger as You Age

You CAN move better than you did 10 years ago!

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In every stage of life, exercise is key to health, well-being, and daily function. The tossing and turning you experienced as a child? That's the inner workings of your brain. Exercise gives your brain the fuel it needs to work, and you'll notice a difference in your thinking, motivation, and mood.

In middle age, the brain and body are in a state of constant change. Your physical and mental health will change as you age. This is part of the natural aging process. Exercise can help you manage these changes and maintain your overall health.

1. Exercise for the way your body moves in real life.

So you've come up with an exercise plan. But how do you get started? The key is to move your body in real-life activities. This could be anything from walking your dog to carrying groceries to your car.

2. Focus on increasing mobility with whole body movement, not static stretching.

Failing to keep your joints healthy and mobile as you age can increase your risk of injury and pain. Get started by focusing on movement and adding stretching to your routine.

3. Balance: Use it, so you don't lose it.

As we age, our balance declines. And just like strength, balance is something you can work on and improve. Balance exercises can help you stay independent and active. Whether you're doing everyday activities, such as sweeping the floor or climbing stairs, or engaging in more challenging tasks, balance exercises can help you stay active and independent.

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