

Getting Older And Keeping Fit: What You Need To Do Differently

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There is no getting away from the fact that we are all ageing, there's no way of reversing it, delaying it or stopping it. We get older each day, and our bodies get more tired, and everyday tasks become more of a challenge as we don't have the same energy that we used to. We all know how important it is to exercise and this doesn't change as you get older, in fact, it's probably more important than ever to make sure your body performs as well as it possibly can. You might need to invest in new equipment such as compression socks from <https://legioncompressionsocks.com/> or treat yourself to more massages or time in the jacuzzi afterwards and while exercising as you get older doesn't require you to train much differently to how you would when you were younger, there are some factors to consider in order to make sure you get the most out of your training and stay injury-free as you get older.

Recovery Is Key

As we get older, our bodies don't recover from intense exercise like they used to. Recovery time will vary for each person, but if you find you're always feeling sore and low on energy, you may find that you need a longer [recovery time between exercise sessions](#). You might also need to be more respectful of the recovery process, make sure you get enough sleep, you're well-hydrated and have a nutritious diet as this will aid in the regeneration and recovery process.

Strength Training Is More Important Than Ever

As you get older, your muscle mass and bone density decline, so because of this weight training becomes vital. Increasing your muscle mass and strength will also improve your posture and balance, and will reduce the chances of getting injured. Also, having more muscle mass will mean you have a higher [basal metabolic rate](#) (BMR), so in terms of your body composition, you will experience changes with more lean tissue and lower body fat.

Longer Warm-Ups

Ageing unfortunately often means stiffer joints which means that you can't get away with getting stuck straight into the workout "cold". You'll likely need a longer warm-up with more mobility at the start of the workout in order to ensure your body is ready to exercise and prevent injury. More stretching and [mobility sessions](#) outside of your regular exercise sessions will also be beneficial.

Look After Your Muscles

Muscle pain and spasms after a strenuous workout are no joke and therefore need to be checked out by a professional. For example, when you work out, your muscles contract and lengthen in different ways than they usually do with regular use. Because of this, they can get injured or fatigued more easily. Everybody experiences neck pain from time to time, especially if you are getting older. It's a normal part of life that happens when you overexert yourself during a workout or sleep in an awkward position. Although neck pain can be incredibly annoying and painful, and it's usually nothing to worry about, you should get it checked out by a [neck pain doctor](#) should you experience chronic or severe neck pain that doesn't go away on its own. Most neck pain problems can be fixed with a quick adjustment by a professional or by stretching the muscles out yourself at home after consulting with a doctor.

Good Technique Is Vital
Gone are the days when you can get away with dodgy squats and questionable reps. The quality of your movement is paramount if you want to keep your body injury and pain-free. If you're not nailing your technique without weight, then don't put yourself in a compromising position where you can load the spine. However, if you have been lifting for years, and your body is robust, then go ahead and load the bar. If you're [unsure of your technique](#) or something doesn't feel right then make sure you speak to a professional and get them to check your technique.

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