



# **FITNESS MAINTENANCE AFTER 45: LET'S LIVE LONGER**

**CASE STUDY/INSIGHT**

## FITNESS MAINTENANCE AFTER 45: LET'S LIVE LONGER

We enjoy our lives completely during our childhood without any responsibility and stress. But once we graduate from college, our mind gets focused on getting employed, acquiring new skills and proving our abilities in the office. During this process, we might have missed the opportunity to remain fit. When we realise the need to remain fit, probably we might have already reached the middle of our lives of age, say above 45. At this stage, can we restart our lives and stay fit?

Do we have to go to gyms, do extensive and complicated workouts to stay fit? It is up to us to decide. If one could join the gym, visit and do workouts daily without stress and without compromising their daily works, then they can opt for it. But if someone doesn't have enough time for going to the gym, then other methods could have opted.

The first step to remaining fit is to get out of the chair. Yes, sitting for prolonged hours in one working place or watching movies is not ideal for health. Such people should start moving and start with physical movements. They can start with walking. In offices, staircases can be used instead of the lift. For those who find it difficult to climb upstairs, they can first practice walking down the stairs. After every 1 hour, take a short break from your work and have a small walk. By doing this over some time, it will become a habit.

Besides following walking techniques in the office, it should also be followed at home. Walking can be done for 10 minutes initially and then continued up to 1 hour daily. Walking can reward you with more lovely moments. Morning outdoor walks in a fresh breeze will refresh you and give you a fresh start for the day. Walking outdoors will make you enjoy the breeze, sunrise, birds and will help in socializing too. If the outdoor walk is not possible, walking on the terrace can be done.



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You can enjoy your terrace walk with the combination of your favourite songs, breeze, birds, sunrise and sometimes a quick chit chat with the neighbour too. If possible, slow jogging and few push-ups can be done. These are the simplest methods to remain fit. With the help of training professionals and practitioners, core strengthening exercises can be practised. However, before starting any exercise, it is better to consult the doctor and get advice based on your medical history.

Being fit after 45 years contributes a lot to your wellbeing. It reduces the risk of diabetes, heart problems, controls blood pressure and cholesterol level and reduces stress. This will enhance proper blood circulation and enable body organs to function effectively. Remaining fit ultimately leads to a longer and healthier life. Walking can be preferred to go to nearby shops, instead of using a two-wheeler. Walking can be done both in the morning as well as in the evenings. Both will give a refreshing feel. Whenever possible try walking and it will become a habit with practice. This could be the easiest way of being fit without much effort. Let us pledge to follow good practices, enjoy them and remain fit forever!

