

### **Boomers are in worse shape than seniors!**

Yes; you between the ages of 45 and 59. These Boomers, who are overweight or obese and inactive, see themselves living long into retirement, longer than the generation before them.

Here are the cold hard facts: One third of Canadian deaths are heart or stroke related. Obesity and inactivity puts you at a higher risk for diabetes, stroke and heart disease. Ten years from now half of the Canadian population will be over 40. In the near future we could have a heart health care crisis on our Nations hands.

The recent results from a poll done by Investors Group indicate: "2,170 Canadians, baby boomers have strong intentions to remain in the workforce, with 65% of respondents in the 45-64 age group saying they plan to work in their retirement years." They indicated that these boomers are expecting to be in good physical health to support their intention to stay working into their retirement. However; of those that retired early, 21% said that the reason they retired was due to a health condition.

If you are part of the solution keep up the good health and we'll see you into your 90's, living great life in those long years. Those of you who are the one in three Canadians who is obese, it's time for a reality check.

You may have the time and the money now but do you have the body to do the things you've always looked forward to retirement for? Not the quality of life I'm sure you want in your kick your feet up, have money to spend with minimal responsibility years!

Rounds of golf, travel, playful time with grandchildren, new hobbies, volunteering and all those things you've been putting off for decades takes energy, vitality, flexibility, agility, endurance and strength. Maybe you are doing all of these things now. But, are you doing them all with ease? Are you participating pain free, no shortness of breath with energy to spare at the end of the day? Or, is it effort? So much effort that you give up with the thought, or start and fade very fast.

You can and should reverse the effects of years of unhealthy living? But you had better get moving, literally. It's spring. Get back your bounce and commit to get healthy. Here are a few quick tips to get you moving in the right direction.

- Visit your physician for a full examination and clearance
- Spend some of that hard earned retirement money on getting the answers to getting and staying healthy under your own steam
  - Ask the experts
  - Make a plan
  - Get moving and stay moving
  - Move more often for short periods at less intense exercise
  - With guidance, add weight resistance exercise progressively to your routine
  - Choose a pace that your fitness level dictates, not your age.
  - Increase every day activity along with planned exercise
  - Choose activities that are fun and fit with your lifestyle.
  - Encourage other family members to come with you
  - Be sensible about your choices but try new things
  - Be prepared for new activity and give it a chance
  - Start Today

The best years are still ahead of you. You worked hard to get here. Spend the time, energy and money on yourself now so you add years and quality to the good life ahead!

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