

Lifespan vs. health span

Why should I keep exercising in my golden years? What's the right way to do it?

ANCHOR LEDE

With age comes physical limitations. But it's important to stay active to help reduce the risk of things like diabetes, high blood pressure, heart disease, obesity, cancer and neurocognitive diseases like Alzheimer's.

In other words, it's not fun to live long if you're not well.

TAKE VO

Doctor John Rinker, a geriatrics expert with OSF HealthCare, says you'll hear a lot of terms like VO2 max and zone two training.

But the bottom line is to keep moving. Aim for 150 minutes of moderate intensity exercise per week. Mix in strength training if you can, but don't push yourself to injury. Walking, swimming or biking will also work.

SOT

Dr. John Rinker

OSF HealthCare internal medicine physician

"I really like the strength training piece. It doesn't take a lot as you age to tension a muscle enough to maintain muscle mass. We really find that people who are able to maintain more muscle mass as they age are going to do much better with those health span and lifespan issues. So, the goal isn't to make everyone a huge bodybuilder. The goal is to decrease the rate of decline as we age." (:31)

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Talk to your primary care provider or your personal trainer to find a plan that's right for you.