

Lifespan vs. health span

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

SOT

Dr. John Rinker

OSF HealthCare internal medicine physician

"It really, really pays to maintain exercise and be in good physical shape as you age. It reaps huge dividends on how long you live." (:11)

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OSF HealthCare internal medicine physician

"Most of that type of [vigorous] training is at a higher interval. You're going to get breathing really hard for three to five minutes while you sustain a pace that's rather difficult. Then you're going to rest and let that heart rate come back down. Then go back to the hard exercise. That back and forth with the heart rate really helps to train how well your heart can pump blood to muscles. That's a really good marker of how well conditioned you are." (:44)

SOT

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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)

SOT

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"You want to make sure you're not going to injure something further. That will create a bigger setback or other deficits that are not going to help you in the long run." (:08)

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"Most of your day-to-day exercise [as an older adult] should be just basic activity. Think of a brisk walk. Walking at a pace for about 30 minutes where you could still hold a conversation with somebody, but it would be difficult to sing a song. If I can just get someone to walk every day, I think they're going to be in good shape." (:18)