

Soundbite Script – One Foot Forward

Ricki Hickok, exercise physiologist, OSF HealthCare

“The benefits of exercising over the age of 50 are reducing your risks of certain diseases, and problems that occur as we age like muscle loss, arthritis, osteopenia (bone loss), just different things that get harder as we get older.”

Ricki Hickok, exercise physiologist, OSF HealthCare

“It is definitely different in terms of intensity, time length that you can spend doing it, types of exercise, a lot of people over the age of 50 have some deconditioning or some arthritis already building up that we have to be careful of. It is important as you age to get doctor’s clearance because of these factors that have occurred over time, and it can be different in the way you might not like the same exercises you did 20 years ago.”

Ricki Hickok, exercise physiologist, OSF HealthCare

“Strength training is really important as we age especially going back to arthritis and bone loss. We want to make sure we have strong muscles to support our bones. It’s important to start easy, start simple, if you have no prior knowledge or experience with strength training it’s great to refer to people like me, exercise physiologists or personal trainers at a local fitness facility.”

Ricki Hickok, exercise physiologist, OSF HealthCare

“There are so many different types of activities and it helps because we all need to be productive in other forms. The house needs cleaning, the snow needs shoveling or if you need to use a snow blower, that’s okay too, pushing that through the snow is tough work. If you have a garden or grandchildren to play with, those are great options. Just cleaning the house speed it up to get your heart beat faster, or do maybe a couple of squats in between dusting or walking with the vacuum a little bit quicker.”

Ricki Hickok, exercise physiologist, OSF HealthCare

“Especially as we age we have to take the pressure off of ourselves and our expectations. I think a lot of people feel forced to exercise when it should feel good and something that you look forward to. If you don’t find what you enjoy, it’s going to be hard to find success.”