

Use It or Lose It

By Paul Sims

Most everyone likes a story with a happy ending. I'd like to tell you the story of your amazing human body that heals itself and strives to meet the demands placed upon it. That takes nourishment from the food you eat and uses it for energy, repair and, heat. Yes the human body runs marathons, lifts heavy weights and, plays all kinds of sports. And what have many of us found out about our bodies? If we do proper exercise our bodies get strong, achieve endurance, and get flexible. That enables us to play sports better. We will also look more like what we want to look like. All kinds of physical labor becomes less demanding because we are fit. Yes, but then the years pass and we are told we will not be able to use our wonderful body like we used to. It is becoming slow, weak and, inflexible.

At this place in our story we introduce a new character called sarcopenia. Sarcopenia is the degenerative loss of skeletal muscle mass and strength. Sarcopenia is associated with ageing, inadequate nutrition, disease, extended bed rest, sedentary lifestyle, de-conditioning or zero gravity conditions. This will result in metabolism slowdown, glucose intolerance, and declining strength. This is loss of function in a big way.

How much of this normal ageing process can be slowed down, prevented, or even reversed? If we, in our daily lifestyle, live as if there is no need for strength, endurance and flexibility then our wonderful body in its wisdom will not have to keep the capacity to do so. Why should it if we keep telling it otherwise? It would make sense to think that the things we did to get fit will keep us fit in our later years. That is somewhat true; however, when people are young and fit, they are going downstream, but the older person has the stream against them. The good news here is that we can stay fit. As I said at the beginning of this article your body strives to meet the demands placed upon it. You can design an exercise and nutritional plan that will keep you fit. You can also hire a qualified personal trainer to design it for you. Stay strong, stay fit. Use it or lose it.

Paul Sims is a personal fitness trainer certified by the American Council on Exercise; he is also co-host of the John Boos One on One Fitness Show heard on 105.3 Sundays at 6:45 AM. Contact Paul at 516-815-5735 www.simsfitness.com