

LIFELONG FITNESS 2004

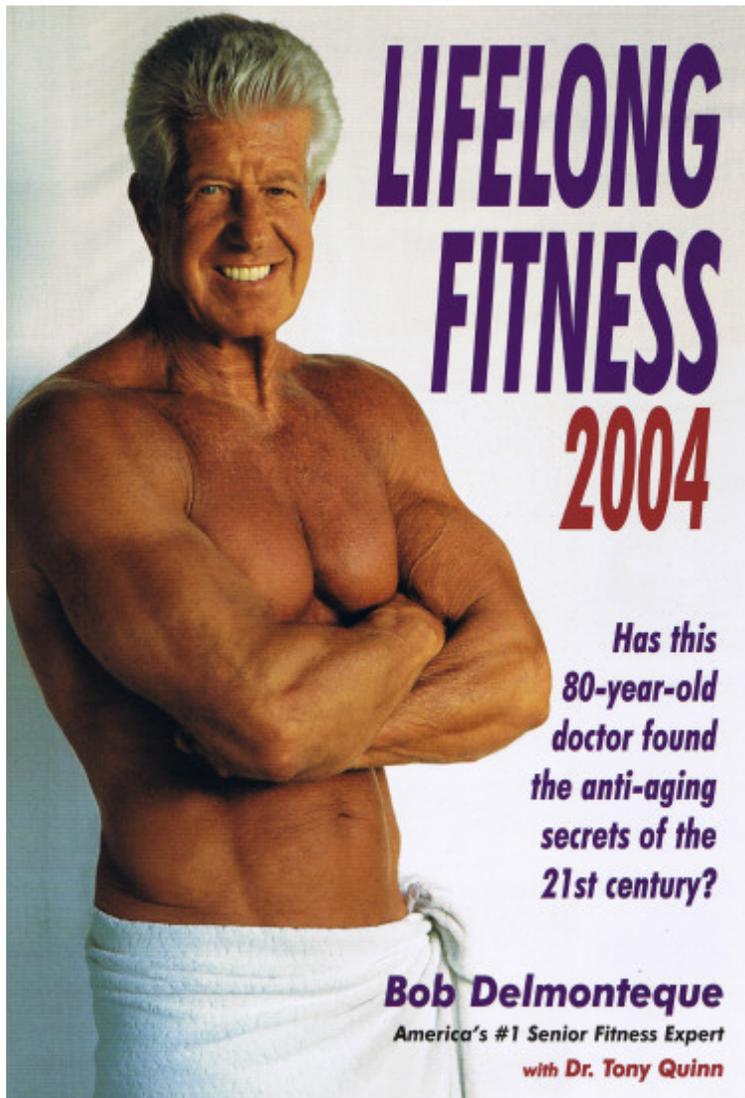
*Has this
80-year-old
doctor found
the anti-aging
secrets of the
21st century?*

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America's #1 Senior Fitness Expert

with Dr. Tony Quinn

Chapter 6



I've called upon the foremost expert in the field of sports medicine, Dr. Leroy Perry, to provide answers to many of the mysteries surrounding fitness injuries and back pain. A writer, inventor, and practicing chiropractor to Hollywood stars, professionals, and Olympic athletes for more than three decades, he is sought after around the world as a consultant and lecturer. Dr. Perry and I agree that the older we get, the more aches and pains we seem to have — a sore muscle here, a twinge there. Once discomfort evolves from subtle to prolonged and frequent, you've got a problem. Most older adults suffer from the usual pain, including backaches, headaches, and aches from old injuries. However, pain will likely strike a sedentary person before a physically fit one.

A certain number of aches and pains should be expected when you first start to exercise. Many of these will be caused by expanding muscles and shrinking fat. After a while, however your strength will gradually improve and the constant throbbing in your body will lessen. Exercise may even help relieve certain kinds of chronic pain, but check with your doctor.

Obviously, you shouldn't start a heavy weight-lifting program with a bad back. Here are a few of the more common aches and pains that you may encounter during your training:

Muscle Pain and Soreness

If you're lifting weights, expect to experience some soreness in your muscles, but not to the point of excruciating pain. Most of the pain will be caused by microscopic tears to your muscle cells. These tears cause inflammation and swelling, but don't be alarmed — it's completely natural. That's actually how the muscle gets built up. But make sure you properly warm up before exercising and cool down after exercising. If you don't, the result could be serious damage to your muscles and joints. The more flexible you are, the better your ability to do more activity with less stress. You should also learn the correct form of each exercise and increase your intensity level gradually and over time. Don't try to "out-muscle" the person next to you.

If you're into walking, running, or some other aerobic activity, pace yourself. Shin splints: are an injury to and inflammation of the tibial muscles, usually caused by running on a hard surface could set your training schedule back by weeks. Too many runners get carried away and run too fast, too hard, too soon. Enough is good, more than enough isn't. Increase your distance no more than 10 percent every week, because this allows your body to gradually absorb the added stress. Also, avoid overloading the muscles, nerves, and bones, particularly your tendons. Avoid repeating a specific motion like a golf swing or a tennis player's serve, as these can cause tendonitis. If you do suffer from this problem, it could be your technique, in which case you should consult a specialist about reconditioning the affected muscle groups.