

Fitting News

Guest Article

Fall Into Fitness



Fall is a great time to start a fitness program because you're going to create good habits for the holiday season and the upcoming winter months.

Take advantage of the weather. Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures.

Swipe Off Pounds

Burn 150 to 170 calories per minute with an ideal workout playlist. Try "Happy" by Pharrell Williams.

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Exercise Modifications for Older Adults

An effective trainer wears many hats — friend, teacher, motivator and disciplinarian. Does your trainer meet these criteria?

"The less you do, the worse you feel, and the less you get out of life", states Michael Gordon, MD, professor at the University of Toronto. Exercise — especially for older adults and seniors is more about quality of life, remaining independent and feeling better than it is about having a flat stomach or a "six pack".

Having taught fitness to older adults over the years, I face a variety of functional levels among individuals, whose age range from 45 through 101. Just as there are varied fitness levels in a group of athletes, the same goes for variations in older adults. Some people remain active into their 80's, while others need to modify their regimen.

The instructor/leader: "Because of the large range of medical conditions and functional abilities in the 65+ population, those instructors who choose to work with older adults require more knowledge, education and skills than an instructor of younger adults." (Jones & Rose, 2006)

There is no question that a program (individual training or group class) must be led by instructors, who are knowledgeable, have experience and a sense of humor; and most importantly, know their scope of practice, and have confidence in their abilities. The trainer must be accountable. They need to know each client's chronic conditions and the modifications she/he needs to make. Trainers also need to know when to refer clients to their physician or the time to suggest an alternative program, such as physical therapy.

The program: One size does not fit all. Not everyone is going to "fit" or enjoy a program. However, there are some general guidelines I follow that have generated adherence to my programs.

Few or easy-to-follow moves: Too often clients drop out of a group fitness class because the choreography is too difficult to follow. Rather than get a workout, the individuals are more concerned about whether they can follow the steps; it can get frustrating and dangerous.

[On the Lori Michiel Fitness website, click "Blog" on the menu.](#)



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