

## Fitting News

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### Nine Important Facts To Remember As We Grow Older

- #9 Death is the number one killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have two motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could learn a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

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### At What Age Do We Stop Exercising?

When I first heard this question posed on a radio talk show, I wondered what the host's response would be. My mind was racing. Was he going to tell his audience we should stop exercising when we reach at a certain age? On the contrary, he went on to say there is no age in which we should stop exercising. We slow down when our body tells us to, but we NEVER stop! Whew....what a relief! I completely agree.



I often express my love for exercise and the positive affect it has on my life. Even when my doctor tells me to "take it easy" because of a strain or pain (I am not immune to injury), I hate to. I heed her advice and modify my routine. I must.

However, we do need to consider another reason we should continue to exercise in regard to some general consequences of aging. In the longevity game of life, we can develop a condition affecting our muscles called Sarcopenia. It is a Greek word (sarko) meaning flesh. It is an age-related condition that effects our ability to function in our senior years including how we walk, balance, climb steps, sit (without falling) into a chair or recover after an accident or surgery.

[On the Lori Michiel Fitness website, click "Blog" on the menu to read the rest of this article.](#)



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*Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*