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## Keeping healthy as we age

### It's important to keep moving, writes Kem Ormond

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Making healthy lifestyle changes as early as possible gives you the biggest health benefits but taking action later in life still has a positive impact.

I must admit to being a bit slow on the uptake when it comes to being active.

I do work 40 hours a week but need that motivation when I get home.

I am no gym bunny and if I were, I would be more of the “Flemish Giant Rabbit” variety.

A healthy diet and physical activity are good at any age.

As you age, these healthy habits strengthen muscles and bones. Strong muscles and bones reduce serious injuries related to falls.

When your muscles are strong, activities like getting up from a chair or opening a door are easier.

#### Swimming

Why not join the local swimming club?

Or even better they may have synchronised swimming (only joking), but swimming is a unique form of exercise and well worth considering.

It is particularly useful for older adults, who need help with the alleviation of joint pain and arthritic symptoms.

As I write this, I am suffering with a very sore knee being the result of a fall (before the bubbly I might add).

I am seriously considering taking to the pool because swimming is non-weight bearing.

That means the buoyancy

of the water helps to support your body weight, which while immersed, will reduce the effects of gravity.

This ultimately means that when swimming, there is little to no pressure on your joints, and any pressure on your spine, hips, or knees, are all soothed by being fully immersed in water.

Swimming happens to be an incredibly effective method of naturally producing muscle strength because it is one of the only forms of exercise that works all our muscle groups simultaneously.

I seriously think that swimming is the ideal answer to my spectacular nosedive!

Aerobic exercise, such as swimming, is an effective way to relax the body and mind. It helps to reduce depression, anxiety, and stress which are all common psychological issues that become more prevalent with age.

Regular swimming can also delay the effects of aging by reducing blood pressure, improving oxygen and blood flow to the brain, and increasing cardiovascular health. Swimming can also improve physical strength and balance in seniors.

Plus, it can be fun! A lot of pools run special classes for seniors and what a terrific way to meet new people!

So, get out your new swimming attire, and give that pool a go!