

FITNESS REGIMEN FOR MUSCLE TONE: 3 months-a-year

I've made lots of New Years' Resolutions and kept them.

This Resolution is just for 3 months in-a-row, each year, **20 minutes a day**. This is not a weight loss program.

Precept (modified from Mayo Clinic, et al)

- Two healthy seniors, few meds, same age, same size, same weight, age 65+.
- The one with more "toned" muscle will outlive the other by about 3 1/2 years.

FOUR DECISIONS, Starter Kit, your 4 choices, "take the meat—throw the bones away"

I. Set aside a **time** 3 days a week, 20 minutes each day *[some suggestions]*

- Right after you pick up the mail
- Right before or after lunch *[or in place of lunch for these 3 months]*
- Before afternoon TV or evening TV
- Before breakfast
- Right after meds
- ...just make it work!

II. **Equipment** [used stuff from a sports equipment store or yard sales] *notice: mine are kept outside and are rusty*
** should run about \$1.50-\$2.00 per pound - yard sale much less*

Minimum: 3 sets of dumbbells the "add-a-weight" kind *[as opposed to barbells or machines]*

- Set A, 5-10 lbs, dumbbells
- Set B, 10-15 lbs, dumbbells
- Set C, 15-20 lbs, dumbbells
- 12 additional "add-a-weight" discs, *you'll soon be adding weight*

Some of you may need to start with "resistance (rubber) bands" from Wal-Mart. They come in several colors, \$50 set

III. **4 Basic Exercises** 3 sets

Do 10 reps for each below

- 1) Curls [biceps], dumbbells, *many like to add a wiggly "curl bar"*
- 2) "Hammer" curls [biceps], dumbbells
- 3) Seated vertical "flies" *[like butterflies]* [deltoids], dumbbells
- 4) Lie on back, arms spread out, "pec flies" [pectoral chest muscles] dumbbells

* If you must insist on adding a bench press option please use light, very light weights and high reps [40x]. I don't want you to drop it on your neck, *been there, done that.*

* 5) might be "abs" sit-ups work as well as anything.

IV. **Legs**, 3 choices

- Brisk walk, 20 minutes, or fartlek= brisk, slow, brisk, slow, brisk. . .as you care
- Bike, 10 mph minimum, *buy yourself a cheapo speedometer*, 20 minutes = 3 miles
Work toward 12 mph, it may take months.
- Stationary bike at nearby YMCA or ??? Silver Sneakers discount from insurance?

V. **Tips**

- ⇒ If you can't do 5 reps, lower the weight, if you can do 15X - you're ready to add weight
- ⇒ Your last "set" might be the heaviest weight you can handle as long as you can do 3 reps
- ⇒ Arms 3 days, legs alternate days?
- ⇒ Listen to favorite music on headphones?
- ⇒ Keep it up until 2 months before you die.

VI. Lots mor info on the internet, info overkill.