



Getting Strong After 50: Hiking is Great

Staying Youthful

What really helps get strong again after 50? Everyone knows that the body is not as forgiving of that piece of cake, or sitting home during COVID. Do supplements really regain youth?

The Key

Lifestyle medicine is the only way to get strong and healthy, there are no supplements to do it for you!

As we age and slow down, exercise less and put on pounds, our weight goes up, as does our blood pressure, cholesterol and diabetes.

The Culprit

It is that “metabolic syndrome” not just sugar, or wheat that causes the inflammation.

Studies have shown that for people with type 2 diabetes, just controlling the glucose will not improve outcomes, in fact, using insulin to really get a lower blood sugar (below Hgb A1c of 7... non diabetic is 5.6). It is not the sugar... it is losing the weight, eating a better diet, and increasing exercise to at least 30 minutes a day will get rid of the inflammation, decrease the cholesterol, decrease the blood sugar, and decrease the risk of stroke, diabetes, heart attack or stroke.

As we age, we lose our muscle fast, from inactivity. The muscle is replaced by fat. The process of getting rid of fat and rebuilding muscle takes commitment, and daily lifestyle changes.

We Can Do This

Everyone can benefit from eating a more plant based diet and moving more. Only the 10% of the population that has Celiac disease should avoid wheat. Whole grains are helpful, the fiber blunts the sugar rush from refined and processed food. So fruit and yogurt is better than a smoothie, that tears up all the fiber. Fiber also helps you feel full sooner, and prevents constipation!

It's For Everyone

Everyone can exercise, if it has been months since you have done much, check in with your doctor and possibly a physical therapist. However, even the most frail can greatly benefit from better diet and exercise.

So go have fun, go hiking, swimming, dancing, roller skating. Enjoy and get moving!

We Can Help

Join us for workshops, webinars, telehealth and more at DrLizGeriatrics.com.