



Fit @ 50

One of the most inevitable things in life is change. Someone famously once said that Change is the only constant.

After you reach a certain age, naturally your body changes along with other aspects in your life. You realise you might not be as active in your 50s like you were in your early 20s. But that doesn't mean you give up and let go of yourself. It is just as important to maintain a healthy, balanced and an active lifestyle.

One can reap ample benefits with simple cardio, flexibility, mobility exercises or even strength training.

Why train you ask? **It boosts your metabolism, lowers the risk of diseases including obesity, type 2 diabetes and high blood pressure. Working out builds endurance, boosts memory and immune system and reduces signs of aging.**

There are multiple factors one needs to consider, though, before lifting those life altering dumbbells at the gym after 50s.

Workout Advice for Over 50s

- Full-body sessions
- Keep activities varied
- Flexibility, mobility and safety are paramount
- Consider working with a PT to learn the right form
- Stay consistent and don't get distracted

Besides training it is also vital that you have to keep in mind what you fuel your body with. While it can be challenging to adjust or change your eating habits as you age, you will have to get rid of unhealthy and processed food if you want to keep your body as healthy as possible.

Also considering the current unprecedented times we are all living in, locked up in our houses it is always a good idea to work out at home and motivate your family too by doing simple exercises that keeps our mind and body active.

Considering all the factors it's never too late to start your journey of fitness and healthy eating. Don't let age be a barrier. There's always a first time. Set an example for the coming generation by working out in your 50s.

#50isthenew20

**-Nikhil Mendon
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