

THE ESSENTIAL GUIDE
FOR BEGINNING

EXERCISE AFTER 50



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Meet Your Fitness Coach and Mentor David J. Hagger

As a guy in my forties I am very in tune with the mini generation ten years older than me.

You see, I've been following right behind them my entire life!

It's as if I'm sitting on the underground, watching closely the carriage ahead of 'party people' go about their lives.

It jostles along, zigzagging through time before falling silent as it disappears into that looming tunnel called the future.

Being an only child, I've always looked up to those guys and girls born between 1960 and 1969 as if they were older brothers and sisters. I have an aunt who was in that generation and I can remember how cool I thought she was!

Seeing how they would navigate their lives made me think about how things might turn out for me...

As a teenager growing up in the 1990's, I always wished I could have been just a 'little bit older' so I could go out to pubs and clubs and see my favourite band Guns N' Roses live!

I remember spending hours learning their songs on guitar and even started smoking because I thought I would be cool like them!

By 2000, I could start to see the mini generation of 'cool, older kids' mature as they began to have families of their own.

I observed the men that I had once wanted to be, grow stomach fat, get backaches and have heart troubles.

I witnessed women, once confident and sassy, become frustrated as they could no longer control the way their bodies looked.

You see, what I didn't realise then is that as the years go by... that once **white hot furnace** of a metabolism reduces in intensity, then begins to flicker like a candle as you hit your 40's.

As a result, body weight increases and the frustrating issue of belly fat and wobbly bottoms begins to raise its ugly head.

By the time we hit our 50's, busy work and family lives contribute to increasing stress, making us feel helpless and out of control. Some people try to self-medicate the only way they know how and start drinking alcohol most nights to numb out their unhappiness.

Sooner or later the human body cannot cope with the lack of fitness, stress and increased weight and the onset of chronic illnesses such as diabetes, osteoporosis, arthritis, depression, heart disease and cancer become more of a risk.

It was a real shock to see this whole generation, the very people I was trying to emulate, become overweight, unhappy and chronically sick.

By 2005, I had seen enough to realise that my own future was at stake.

I promptly quit smoking, cleaned up my eating and got myself a personal trainer, Tim, who got me into the best shape of my life.

I was hooked and wanted to help people turn away from potential disaster. So I gave up my job in recruitment and completed my first step into the fitness industry by gaining my personal trainer qualification.

I had started what has now become a life-long obsession of self-education in human movement, searching for the ultimate exercise method for fixing lives.

Since graduating from university in 2012 as a dual qualified Accredited Exercise Physiologist & Exercise Scientist I have a wonderful base of clientele eagerly seeking my advice.

As an Exercise Motivation Coach, I help people in their 50's overcome the frustration and worry of being unfit by guiding them back to health with my unique exercise philosophy that I've been using for years to help **people just like you** regain fitness and enjoy the freedom of good health.

Why Should I Exercise?

We are humans and believe it or not, we are supposed to move!

Everybody has an opinion regarding the best type of 'natural' diet to adopt but we have managed to forget almost completely about how physically active our ancestors actually were.

They were CONSTANTLY moving around, to search for food, to relocate for changing seasons, to just socialise and of course to fight.

Today, our modern environment has reduced the need to move and now we even fear the idea of exerting energy!

The word 'exercise' has become so entrenched with images of sweating, pain, discomfort, sacrifice and fatigue that it puts most people off even trying to engage in the smallest amount of physical activity!

It is my job to re-educate people to appreciate the real definition of exercise which is 'to be physically active to improve health and fitness and prevent the onset of chronic disease'.

*"Staying active in your
50's and beyond can be
the best gift you ever
give yourself"*



What Are The Benefits?

Exercise can increase your energy levels, help you maintain a healthy weight, reduce the symptoms of aging and decrease your risk of becoming sick with a chronic condition or injury.

Wow! That's a great list of benefits huh?

Research has shown that exercise has a positive effect not only on your body but can also enhance your brain function, improve your emotional state and even improve your memory.

Before commencing any new exercise routine or making changes to a current one, you should speak with your doctor or registered health practitioner.



INCREASE YOUR STRENGTH AND ENERGY LEVELS

Exercise has been shown to increase your cardiovascular health (heart health), help you build important muscle and bone mass, improve energy and make you feel stronger.

PREVENT AND MANAGE DISEASE

A reduced risk or delayed development of many chronic conditions has been linked with **regular exercise**. Even those who already have a chronic condition can benefit hugely!

Chronic conditions that can be prevented and managed by exercise include:

- Arthritis (a degenerative painful disease of the joints)
- Osteoporosis (weak bones that look like Swiss cheese)
- Alzheimer's disease (short term memory loss and confusion)
- High blood pressure (a gateway condition that leads to other chronic diseases)
- Breast cancer
- Heart disease and stroke
- Type 2 diabetes
- Colon cancer
- Lung cancer
- High cholesterol - which is linked to heart disease
- Joint and muscle pain



"Research has shown that people who are fit are more likely to live longer and delay the onset of disease regardless of their current age"

Interestingly, people who have the highest cardiovascular fitness typically develop chronic illness in only the last five years of life compared to the last 10 , 15 or 20 years of life.

Exercise actually allows people to remain independent for longer by enhancing flexibility, strength and balance. This in turn improves overall quality of life.

Remaining active as you grow older is even linked with reducing the risk of cognitive decline, depression, dementia and memory loss.

One study found that by doing only 150 minutes of moderate to vigorous activity each week resulted in boosting your quality of sleep by up to 65%.



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Getting Started

It's never too late to start exercising, so what are you waiting for?!

There's a common misconception that people who start exercising in middle age have missed the boat and can't 'unlock' the benefits.

Trust me, this is total garbage.

In fact, the opposite is true.

I've seen hundreds of people start an exercise routine from scratch well after the age of 50 who have totally transformed their lives.

They have become fitter, stronger, more energetic and less dependant on drugs and pain-killers.

However, exercise only works when you do it regularly.

That's right, you need be consistent.

There is no real right or wrong how you chose to make your routine regular but generally speaking you need to engage in 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week, with each session lasting at least 10 minutes.



THE
Adventure
BEGINS



The 3 Essential Types Of Exercise

To make sure you have a well-rounded fitness routine you must make sure it incorporates these three elements:

Aerobic activity - Try to perform at least four, 20 minute sessions or aerobic exercise each week.

Activities include walking, jogging, swimming, cycling, dancing. In fact any activity that increases your breathing and heart rate for the duration of the session!

Strength training - This activity helps you maintain and build muscle size, power and overall function.

It also increases your bone density, reducing the risk of diseases like osteoporosis.

You should start with bodyweight exercises like squats and progress to holding hand weights as you become more confident and competent.

Stretching - This is essential to maintain a sufficient range of motion in your joints, reducing the onset of common issues like back and neck pain.

Starting off with some basic tai chi, yoga or pilates movements is a great place to start!



"If you start to get bored with your regular routine then don't be afraid to change it up and try something new - variety is the key!"

Exercise doesn't always have to involve basic activities. If you feel capable then why not try something totally different like an aerobics class, joining a boxing group, go hiking, take up golf, tennis or badminton or lawn bowls. **Get imaginative!**

Don't forget that all movement counts and even increasing everyday activities such as walking the dog, washing the car, gardening, doing housework and chasing your kids or grandchildren around the park will help improve your health and fitness.



START SLOWLY AND BUILD IT UP

If you haven't exercised in a long time then don't be discouraged when you first start.

Begin with small, achievable goals such as walking for 20 mins most days then gradually adding in more exercise into the week.

Remember, even a small dose of exercise can have a **big impact** on your overall health.

BEGINNERS CHECKLIST

Before you fly off out the door on your first walk or run, make sure you've thought about these things first:

What time of day will you exercise?

Morning, lunchtime, after work?

Who will you exercise with?

A friend, neighbour, or on your own?

Where will you exercise?

At home, in a park, at a gym?

What equipment do you need?

Weights, heart rate monitor, pedometer, towel, water bottle?



Track Your Exertion

When walking or jogging you can use the 'talk test' to check whether your exercise is too vigorous.

When starting with moderate exercise, you should be slightly breathless but still able to hold a conversation and sustain this for at least 30 mins. So you should still be able to have a good chin-wag with your best friend and catch up on the weekend news!

As you progress to more vigorous exercise, you'll find it harder to talk in full sentences between breaths. Try this a few times to ease into working at a more vigorous intensity.

Please remember that this is a general rule of thumb and if you have any doubts or concerns then you should consult with your doctor for advice.

If you take medications that lower your heart rate, speak with your doctor about tracking your heart rate during exercise.

Try out my special group personal training sessions in Brisbane for free!

Visit www.ExerciseUnlocked.com to start today!