

Exercise Tips to Keep Boomers on Their Feet

Taking simple precautions can help prevent pain and injury, doctors say

July (HealthDay News) -- While baby boomers are not as young as they used to be, exercise is just as important as ever, but certain precautions are in order to stay injury-free.

"As boomers age, they should take extra steps to protect themselves from injuries when exercising," Dr. Ray Monto, a spokesman for the American Academy of Orthopaedic Surgeons. "A little extra stretching before and after exercise, for example, goes a long way."

To avoid becoming one of the 166,000 people between the ages of 45 and 64 who needed medical help for exercise- and exercise equipment-related injuries last year, the association offers boomers these suggestions:

- Before starting any exercise program, have your doctor check that your heart and body are in good condition and make recommendations based on your age and fitness level.
- Stretch and do three to five minutes of light exercise to warm up at the start.
- Exercise and rest regularly for maximum benefit. Daily moderate exercise is better, and less likely to cause injury, than overdoing it on weekends. Listen to your body and rest or change your workout to meet your physical condition.
- Get a balanced, total body workout by mixing in cardio, strength training and flexibility training. This will also help prevent injuries from overuse. Introduce changes to your routines, such as new exercises, gradually and take lessons when possible to learn proper form and technique.
- Take calcium and Vitamin D supplements daily to help keep bones strong and healthy (check with your physician first).