



BY JEFF GOTHARD

*Yes, exercise really can be exhilarating – if you follow these simple rules.*

## TAKING THE WORK OUT OF “WORKOUT”



STEPHANIE RUSSELL-HENKE

*Local parks such as Riverside offer many workout activities. There are walking and fitness trails and equipment, public tennis courts, playgrounds, fishing areas and a boat launch.*

At some point, it will happen. Time, that creeping, crawly, pervasive nemesis, catches you, challenges your self-image, and forces an ultimatum. It's time to get in shape.

The catalyst for our metamorphosis could hide anywhere. Our pants could defy our efforts to re-acquaint the button with the buttonhole. Maybe your insurance company has raised your rates after your last physical, or you read that being fit helps fight anxiety.

Take heed and rejoice. We of

perplexing pudginess are blessed with options – too many, it sometimes seems. But however we eventually decide to fix our physical form, we need to address some pre-activity considerations.

Many of us think of ourselves as high achievers. Do not limit us with mundane, minimalist madness; shower us with sudden, satisfying success! We have always donned the coat of achievement quickly, and age will not be a factor now. Despite a history of confidence, however, ensuring our

safety is the first stop in any physical adventure.

Primarily, we need to do no harm. If you haven't had a physical in a year or two, have existing conditions, or have unexplained symptoms, it is imperative you receive a physician's okay. Also, if you are taking medications, research online any side effects that exercise may exacerbate.

Getting older can be tough. We would prefer to age more like wine, but as we age, we like to whine more – and for good reason. Our life is like a bad



sci-fi horror flick: Our brilliantly experienced mind has cruelly been placed in someone else's worn body. Hormones, once our turbo-driven friends, sputter and ignore our pleas for vigor and effortless physical recovery.

Rebellious body chemistry aside, exercise at any age can help us battle depression, diabetes, heart disease, arthritis, anxiety and dementia. It can boost our mood, our balance, our memory and our ability to do the things we have loved throughout our lives.

Keep in mind that exercise is one of the gifts in life that we can make all ours. Activity should be based on your personal tastes, not what anyone (or seemingly everyone) else is doing. The best exercise is one that we like to do, and enjoyment is the key to continuous growth.

So, given that we can pretty much tailor our exercise program to enjoy it, there are practically no excuses not to start. Even bedridden individuals can exercise and improve their lives. Have arthritis? Exercise will help with your range of motion, and studies prove that pain is minimized as well. Heart disease? If your doctor okays you, exercise will lower your cholesterol level and improve cardiovascular efficiency. Never exercised before? You will improve very quickly and love yourself for doing it.

You have the inspiration, but where and how should you stimulate perspiration? Join a club? Workout at home? Many Americans, when facing the issues of how, when and where to exercise, will choose to open a beer and watch football. But

as fun as it is to be a spectator, actually performing physical activity is fun, too – and you don't have to fight over the remote! Remember, exercise does not have to be formal, as in a club; it can take the form of gardening, walking, dancing, playing with kids or grandkids, etc. Even sex is exercise. You and your significant other can startle your friends when you beg off from an evening out, citing the need to "work out." Your friends, impressed, will ponder how you achieved that level of stoic self-discipline (and financially, physical intimacy has the best rate available!)

Money can be a concern with some fitness genres. Joining a gym or purchasing equipment can run up a sizeable tab. There are a myriad of ways to work out for free or next to it, however. Make sure, for your



## Love Your Legs Again

"I would not be playing tennis, or even walking, if it were not for Dr. Beckett; he truly saved me! I was experiencing severe cramping in my legs—I couldn't even walk half a block! I thought it couldn't be corrected and had given up. Dr. Beckett performed bypass surgery on my legs to restore blood flow. I was walking without pain in no time and back on the court. I wish I had seen him sooner, the outcome has been so wonderful. He tuned my legs up on the inside, and then performed ultrasound guided sclerotherapy right in his office to remove all my spider veins. Now I'm wearing shorts, playing tennis and most recently, hiking in New Zealand. Dr. Beckett truly saved my life!"

~ Avis

**VeinTherapies**  
Laser Skin and Vein Solutions

3770 7th Terrace, Suite 102 | Vero Beach  
772.567.6602 | [www.VeinTherapies.com](http://www.VeinTherapies.com)

W. Clark Beckett, M.D., F.A.C.S. Board Certified Vascular Surgeon  
Recognized "Top Vascular Surgeon" by U.S. News & World Report  
Virginia Fegert, M.D. Mitch W. Johnson, P.A.-C.



Laser Treatment for Varicose Veins | Veinwave™ Treatment for Spider Veins | Sutureless Microphlebectomy | Advanced Sclerotherapy



continued improvement and peace of mind, that you can comfortably afford the exercise environment you choose.

**Time:** How much time do you have available to work out? Benefits can be made in as little as 15-20 minutes a day, so being too busy is not an excuse. Endurance sports will require larger chunks of time than, say, an anaerobic strength circuit.

Keep in mind that true fitness encompasses several components. It is best, particularly when over the tender age of 35, to hit as many as you can in your training. Muscle hypertrophy (growth), strength, flexibility and aerobic/anaerobic progress should all be addressed. I learned this fact years ago.

I was in Chicago at the time. The elevator was taking forever, and I needed to get to the sixth floor. I looked at the stairway, feeling full of myself. After all, I had been weight-training for some time. After giving my fellow elevator-waiters a smug “watch this” look, I took off, bounding up the stairs two at a time, humming the theme to *Rocky*.

Long after the elevator had raised and released its passengers, I stumbled onto the sixth floor. Bill Conti’s popular melody was lost to heaving gasps and sissy wheezing. I leaned heavily against a wall with one hand, the other feebly waving off concerned passers-by.

**I**gnoring aspects of your overall fitness, in this case anaerobic training, can hamper your ability to enjoy life. You need address all aspects of fitness, and pay careful attention to your lifestyle and inclinations as you steer yourself to a newer, healthier you.

Even healthy changes can bring a bit of discomfort. The new cycling initiate may hold resentment for that



*With consistent training, you will gradually reach a stage where you look forward to the challenges and enjoy the merits of a workout, bringing a greater sense of accomplishment.*

slim, hard seat. The new runner may find soreness in several lower leg muscle groups and lower back. These early maladies will soon dissipate and eventually disappear. In their place will come a sense of accomplishment and pride. Mary learned this firsthand.

Mary is a triathlete, and she loves it. She trains twice per day, five days per week. “I could never live without my training,” she says, “but it was not always like that. When I first started running and cycling (she was an avid swimmer) I literally dreaded each session. My inner thighs were sore, my feet had blisters, and I cursed the wind in my face. After a few weeks, though, I began to respect the training and how it made me feel. The soreness was gone, and I became somewhat comfortable with the struggle. A month or two later, the training actually became fun, and I looked forward to it – even the wind!”

This experience is not uncommon; in fact, it is a normal emotional/physical process that most of us experience when beginning a new fitness regimen. The process consists of initial discomfort, lasting a couple of weeks. This is when your body is “learning” the basic movements of

your workout. The neurons become more adept at firing needed muscle fibers, and your metabolism becomes more efficient with recovery.

The next stage is what some refer to as the “addicted” stage – you look forward to the challenges and enjoy the merits of the workout while involved in it. Following this stage, your improvement will increase more rapidly, thus bringing a greater sense of accomplishment. Knowing this is powerful for neophytes, who can anticipate each stage and look forward to the next.

Starting out, we can help to ensure that we will continue our training. A huge percentage of beginners do not achieve their goals simply because they stop trying. They stop trying because they either are not happy with the results they acquire or the training is drudgery.

The best advice I can give to anyone beginning fitness training is this: Make it your primary goal to *enjoy* the workouts. If you don’t enjoy the training, you will most likely quit. We must think long-term when we set our goals. Taking it slow is the way to go. Then, you will naturally start to crave the new challenges that lie ahead. ❁