



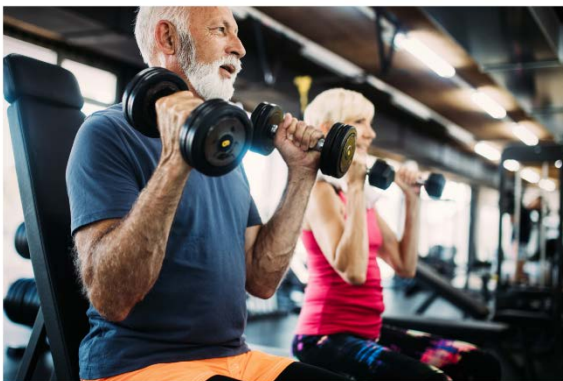
What Precautions Should Seniors Take When Starting A New Fitness Program?

ANSWER:

Exercise and keeping active are important at any age, but especially as we get older. Health conditions and injuries however, may throw a wrench in your fitness plan. Be aware of your limitations. For example, arthritic knees or hips would be a limitation, so running would not be as wise of an exercise as swimming, which has much less impact on joints like the knees.

Another issue to be aware of is low blood pressure. If you suffer from this condition, avoid any overhead exercises.

It is very important to check with a doctor before beginning any new activity. Starting slowly and doing the appropriate exercises for you and your body is vital. Club Aurora's fitness professionals are always happy to guide you in the right direction.



Need answers to your fitness questions?

You can email them to fitness@aurora.ca and one of Club Aurora's Fitness Professionals will post the answer On **The Training Zone** section of our Recreation At Home page www.aurora.ca/recathome