

*The Five **ACTs** of Healthy Active Aging*

ACT 3 Exercise

Every great Broadway performance is a progression of precisely executed acts, each building on the previous action, and your centre stage is no exception. What are **ACTs**? To change or create a new habit we need to **ACT**:

Acknowledge the current circumstance to understand the reward, harm or expense.

Change mindset to realize the benefit of replacing old habits with healthier alternatives.

Transform by making small incremental modifications leading to major change and benefit.

*The Five **ACTs** of Healthy Active Aging* are: 1) Sleep, 2) Nutrition, 3) Exercise, 4) Social Relationships and 5) Mindfulness

In this tutorial we'll apply the **ACTion!** guidelines strategy to **ACT 3 Exercise**

ACT 3 Exercise

Acknowledge: How often do you work your muscles to retain and increase your strength?
_____ times/week

“Eat less move more” is the advice we’ve all heard, and even with our best intentions and effort our goals seem to illude us. This is like saying “To get rich just make more money”. The “how” component is missing and is the critical. Cardio is often recommended; however, this is not an effective method for sustainable weight control. Spending hours on the treadmill or doing high intensity interval training can result in short term weight loss but there are definite downsides to this approach. First, while the scale may go down, a substantial amount of the weight loss tends to be muscle. This is because the body is smart and realizes that to perform cardio not a lot of muscle is necessary so it will focus on preserving energy for the stamina of cardio and decrease focus on retaining or building muscle. Also, the body adapts to become more efficient, so it is necessary to keep increasing the amount of cardio to burn the same amount of energy. This causes plateaus, so then the advice is do more cardio, decrease food intake and the body responds by becoming more efficient, shedding muscle and it’s a vicious circle that is unsustainable! Worse than that, after all this work you end up requiring much less food as your metabolism has now slowed down, and as soon as you stop the calorie restriction, all the weight comes right back, and usually even more, as your body is now primed to store fat in case you starve it again! For these reasons cardio alone is not a good strategy. So, what is the solution?

Change mindset: While the **ACTion! Centre Stage** plan incorporates cardio for heart and lung health, the focus is on muscle retention and building. As we age there is a phenomenon called *sarcopenia* which refers to muscle loss, and it begins in our 30’s but is much accelerated in our 50’s and 60’s. Muscle mass decreases about 5% per decade after the age of 30 and this rate of decline is even higher after the age of 60 and as much as half of muscle mass lost by age 70! So even though the scale may not have gone up that much since your 30’s, half of what was muscle is replaced by fat. It is the main reason many people end up in long term care as they can no longer accomplish activities for daily living due to physical weakness, and this muscle loss is

also a major cause of falls and bone fractures. It's that "Use it or lose it" concept! It is possible to gain muscle well into our 60's, 70's and beyond, and there are so many benefits:

- Resistance training can increase bone density and reduce the risk of osteoporosis and falls.
- Improved weight loss. Unlike a cardio approach weight training requires your body to preserve and build muscle which increases your metabolism, so you require more calories. In fact, when muscle growth is the focus, weight control seems to take care of itself.
- Reduced symptoms of chronic illness, including obesity arthritis, diabetes, heart disease, and depression.

Transform: Like the other elements of the LCS plan, just start, make small incremental consistent changes to see results. Make resistance training a habit! This doesn't mean you have to go to a gym for hours every week. You don't even have to go to a gym to get started. Performing bodyweight exercises such as push ups, squats and lunges for 15-20 minutes, three days a week can show tremendous benefit. Walking is also a joint friendly option. Simply adding a 10-to-15-minute walk daily to your resistance training will help build your fitness routine. As you as you progress and get stronger this habit will become even more rewarding.

Our **CENTRE STAGE FITNESS** program offers a personalized exercise and activity strategy to develop long term physical health and well being. If you'd like to chat about any of our personalized coaching programs, you can book a free private consultation [HERE](#)

ACTion! Centre Stage Finale

A great play, script or movie must have precise pacing and it can't be hurried. It takes time to develop the characters and plot and establish the hero. Your journey to better health and happiness is the same. Celebrate consistent, small, incremental changes to your routine and habits, becoming healthier and happier with each victory. Remember, "*It's never too late to improve your health and live your passion!*"

We hope you find this **ACTion! Centre Stage** component rewarding and successful.

If you'd like to chat about any of our personalized coaching programs, you can book a free private consultation [HERE](#)

For more tips, coaching support and programs check out the following links:

Live Centre Stage website: <https://LiveCentreStage.com>

Live Centre Stage Facebook Group: <https://www.facebook.com/groups/livecentrestage>

Live Centre Stage YouTube Channel: <https://www.youtube.com/@livecentrestage>

Live Centre Stage Programs: <https://LiveCentreStage.com/programs>