

## No Pain, Stay in the Game

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Some of my friends in the fitness world have criticized some of my posts as being too “gentle” in my advice. Their opinion is that clients, individuals, need to push themselves much more than I am suggesting. “Parking in a space that is a few steps farther away from your destination is not going to make someone fit!” they exclaim.

They are absolutely correct – if I were writing for individuals who are ready for that message. I am writing for those of you in my age group, the over 55 crowd, who have been less than active in the past.

Fifty-five is not merely a chronological age. The old adage, “You are only as old as you feel,” is an old adage because it is true. If you are under 55 but have not been active in years, this is for you. If you are under 55 and are more than 40 pounds overweight, this is for you, also. If you have chosen not to take part in a social activity because of your physical condition, this is for you.

If you want to be sure this blog is for you, visit [RealAge.com](http://RealAge.com) and take their brief questionnaire that will compare your chronological age with your “Real Age.”\*

I follow a couple of simple guiding principles in I work with mature adults.

- Focus on functional fitness:  
Your first goal should be to be fit enough to enjoy your life. Enjoyment may come from bending over and picking up a grandchild. Enjoyment may come from enjoying golf, tennis, kayaking, hiking, traveling, or sex. Enjoyment may come from having the confidence to continue to be independent. Functional fitness encompasses cardio-respiratory health, strength, balance, and flexibility.
- Avoid injury:  
When becoming fit you need to be sure you are exercising at a level of intensity that challenges your body. On the other hand, you do not want to push so hard you injure yourself in process. The older we are chronologically, the longer it takes to recover from injuries. You become fit to enable yourself to do more, and enjoy life more. Injuries take you out of the game.

Get active and stay active. You will find you can do a little more every day. Begin today.

\* Your “Real Age” encompasses three descriptions of the aging process. Chronological Age: Years since birth. Biological Age: Decline evident in body. Functional Age: Appearance, mobility, strength, mental and physical capacity.



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