

## HEALTH & WELLBEING

BY ANNA SCHUCHMAN AND CHARLOTTE WIKLER

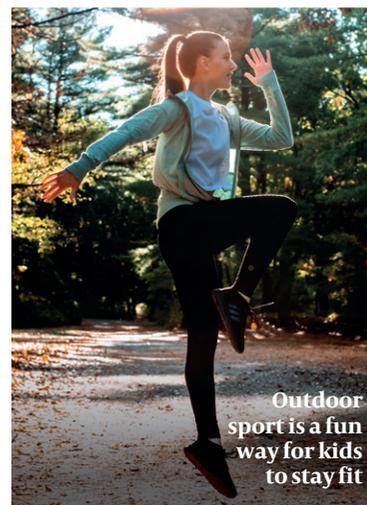
**T**HE LEAVES are falling, the air is cooler and the days are shorter. At this time of year, we see a dip in exercise motivation – and the thought of living through a Covid-19 winter is not going to make things easier. Yet it is more important than ever to keep active. The World Health Organisation advises us to exercise and keep trim to minimise the risk of severe Covid-19 symptoms. Whatever your age, whatever the weather, here are aceLIFESTYLE's top tips to stay active and fit, in and outside the home, over the coming months:

### AGE FIVE TO 17

Kids should be doing moderate- to high-intensity physical activity every day for at least 60 minutes. If you can get outdoors, playing in the park, going for a run or cycle, or taking part in a sport such as football, tennis, basketball or netball are great ways for younger kids to keep fit and have fun at the same time.

A few days a week, focus on strengthening their bones and muscles with body weight resistance exercise.

See our Facebook @acelifestyleuk, where we have saved all the lockdown live classes we did with our children. These classes are suitable for all the family, and the over-16s can add some weights to make the workouts more intense.



Outdoor sport is a fun way for kids to stay fit

### AGE 18 TO 64

All adults in this age group should be trying to do 30 to 60 minutes of moderate to vigorous exercise every day. This could be power walking, high-intensity interval training, circuit training, running, cycling, etc.

If you're not a runner but have always wanted to try, we highly recommend the Couch to 5K programme. There are lots of apps that train you through this and many of our clients do this programme alongside working with us and get great results.

Don't forget to incorporate some strength training into your workouts, two or three times per week. It is so important for the development and maintenance of muscle mass – make sure to involve all the major muscle

groups. Physically inactive people can lose as much as three to five per cent of their muscle mass each decade after they turn 30, so the term “use it or lose it” really does apply here.

There are many potential benefits to strength training, including:

- Building and maintaining your muscle mass.
- Strengthening your joints.
- Aiding weight loss and weight maintenance.
- Strengthening your skeletal system and helping prevent osteoporosis.
- Improving your mental health.

### OVER 65

Older adults, who may have poor mobility, should do exercises that work on their flexibility, build core strength and work on balance to help prevent falls and injuries.

Stay active, taking daily walks. As the days are drawing in and the weather is changing, watch out for slippery pavements. You may want to pick yourself up some walking/hiking poles to ensure stability.

In this age group, sarcopenia (loss of muscle mass) and osteoporosis (weakening of the bones) can become more prevalent, so it is really important to carry on strength training.

If you continue to keep your body strong, this will help prevent falls and injuries that could reduce your overall quality of life.

Anna Schuchman and Charlotte Wikler are co-owners of aceLIFESTYLE. [info@ace-lifestyle.com](mailto:info@ace-lifestyle.com)

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For more information please call our team on 020 8922 2222 or email [lwjc@jcare.org](mailto:lwjc@jcare.org)

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