

OWOW #1 : Its never too late to Start



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This a hobby. I do this to motivate myself. The goal is to improve myself. The fact that I feel better and improve makes me continue. I am 63 chronologically years young, probably mid 30's to 40's physically and mentally it depends on the time of day and who you ask.

My wisdom however is a contribution of all the above and by living and learning through-out life.



I don't consider myself the stereotypical senior, rather I like to think of myself as the new definition of Senior: Senior is the new STRONG! You heard it hear!

Exercising a.k.a Moving - is good for seniors, and everyone before and after.

It is never too late to start! Many think there is a minimum age to start or maximum age to stop but that's completely wrong. We become weaker and fatter with time because we do not use the muscles. You can build muscle until you are 90. And kids need to be kids which means they should MOVE. We all just need to MOVE and not be stagnant. I recommend starting by taking a walk / stroll and train some strength. Don't start too heavy. The important thing is that you get progress, slowly but surely. functional training, learning mobility and lifting techniques is applicable to everything we do.

Exercise is just MOVING!