



## ***Tips for Staying Active – Without Injury – in Your 30s, 40s, 50s and Beyond***

Getting older is inevitable, but living an active lifestyle is still possible.  
Here we share tips for exercising and avoiding injury as you age.

Perhaps you have always lived an active lifestyle. Maybe you were a student athlete and now you're switching to a weekend warrior lifestyle. Or, possibly you're just looking to change your lifestyle into a more active one.

No matter your situation, one thing is certain: You're getting older.

As you age, your body begins to feel different. Activities that you used to breeze through in your 20s might seem more difficult or require more caution. Fortunately, you can continue to be active even if your body requires more rest.

It's never too late to get into shape.

"Age itself should never be a factor in whether or not you exercise," says OrthoIndy sports medicine specialist Dr. Jonathan Shook. "Exercising actually helps keep your body and mind strong and decreases chance of injury, illness, depression and exhaustion. It also increases bone density and can help prevent osteoporosis."

“Age itself should never be a factor”  
in whether or not you exercise.

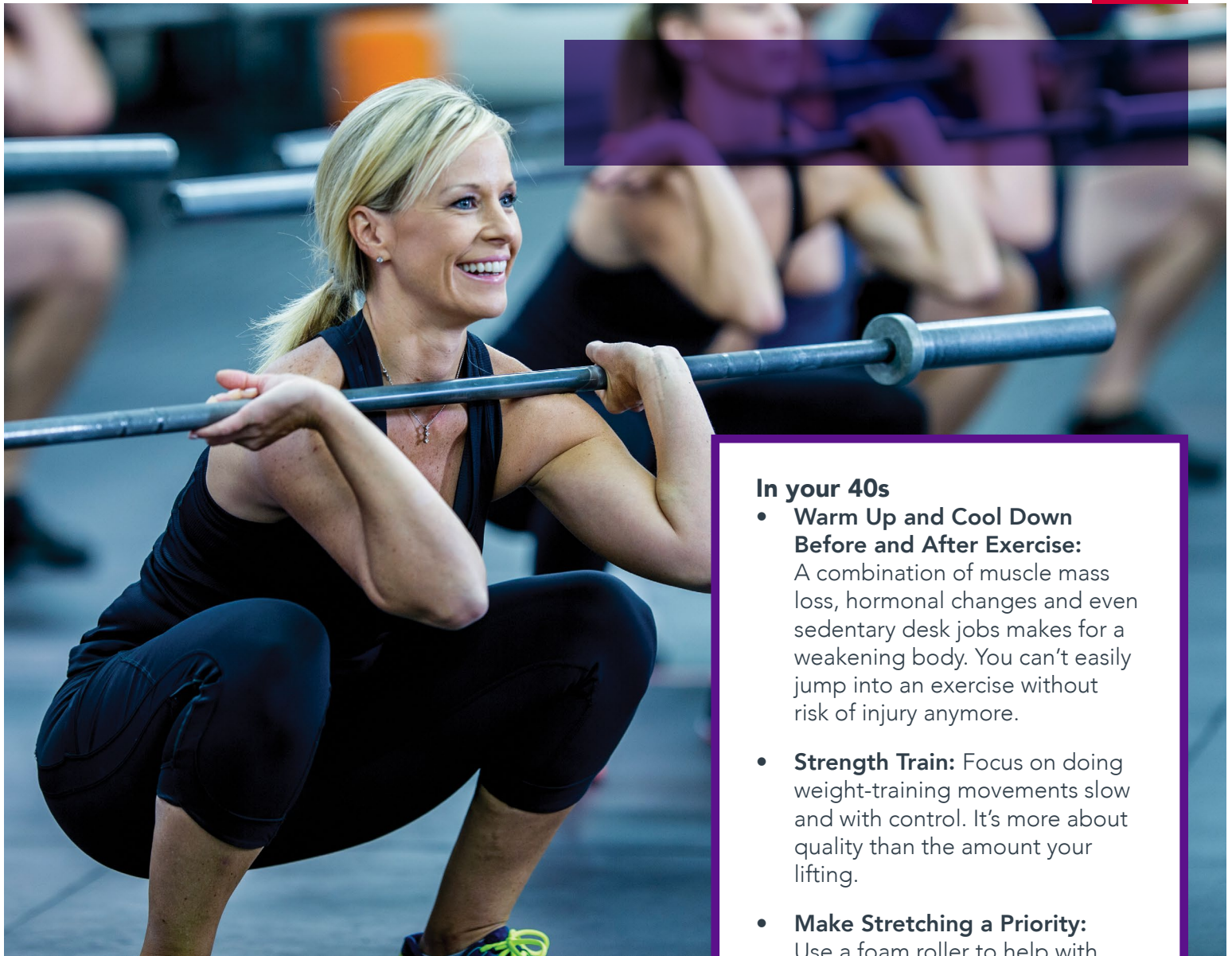


## In your 30s

- **Be Consistent:** Life gets busy in your 30s with buying a house, juggling a career, having kids, etc. Don't forget to make time for exercise. Staying consistent now will help create a foundation for a long-term exercise routine.
- **Cross Train:** If you primarily run, try lifting weights. If you mostly hang out in your gym's weight room, try Pilates or yoga. If you only played one sport in college, join different intramural teams.
- **Don't Let Stress Win:** Yes, you are busy in your 30s. Skipping exercise and choosing fast food is sometimes hard to avoid. However, you will feel less stressed if you take time for a brisk walk or eat a fresh salad.

"Your 30s are arguably some of the most hectic times of your life," said Dr. Shook. "I was finishing my residency training and just getting started in my career. The last thing on my mind on many days was trying to set aside times to exercise, but making time for exercise helped me keep myself mentally sharp and decreased my chances of injury because I didn't lose my strength and flexibility in my muscles."





“ Continue to stay consistent with your exercise schedule. This will help you preserve lean muscle mass and keep weight gain minimal. ”

### In your 40s

- **Warm Up and Cool Down Before and After Exercise:**

A combination of muscle mass loss, hormonal changes and even sedentary desk jobs makes for a weakening body. You can't easily jump into an exercise without risk of injury anymore.

- **Strength Train:** Focus on doing weight-training movements slow and with control. It's more about quality than the amount your lifting.
- **Make Stretching a Priority:** Use a foam roller to help with your flexibility. Not only will it help loosen your muscles, it will also help relax them. Even stretching for a few minutes in the morning and before bed will go a long way.

“Continue to stay consistent with your exercise schedule,” says Dr. Shook. “This will help you preserve lean muscle mass and keep weight gain minimal. A simple 15-minute walk is better than none. Ideally, you should train with weights three to four times a week, and do cardio five times a week.”

“ Don't jump into an activity ”  
too fast. In your 50s, your body  
is naturally slowing down a bit.

### In your 50s

- **Strengthen Your Core:** Strengthening your core muscles helps reduce back pain and encourages good posture. Yoga and Pilates are great low impact activities that are great for your core.
- **Rest:** Soreness and fatigue after a workout may be more frequent. This is normal; don't give up. Give your body more time to recuperate between strenuous activities.
- **Aerobic Activity:** It may be harder to lift heavy weights as muscle mass continues to decline. Furthermore, bone density also decreases making your chance of injury more likely. Keep your bones and muscles strong with aerobic activity such as swimming, cycling, water aerobics or jogging.

“Don't jump into an activity too fast,” says Dr. Shook. “In your 50s, your body is naturally slowing down a bit. If you know you will be doing a lot of sightseeing on an upcoming vacation, walk a lot beforehand to condition your body and it will make the trip more enjoyable. Additionally, this helps reduce your chance of muscle soreness or injury during your trip.”



### In your 60s, 70s and Beyond

- **Find an Exercise You Really Love:** Hopefully you will have more time to focus on living an active lifestyle during retirement. Find things you love to do that are also active, such as: Kayaking, gardening, hiking, playing with grandchildren, etc.
- **Don't Fight Through the Pain:** It's common to experience more pain in your joints and muscles. If pain doesn't go away with rest, you may need the help of a health care professional.
- **Embrace Your Age:** Don't let others tell you that you can't run a mini-marathon because you are 70 or that you can't join a crossfit class because you won't be able to keep up. You can still challenge yourself and improve your lifestyle.

"Not fighting through the pain is important in every life stage," says Dr. Shook. "Pain isn't normal and ignoring it will lead to more problems. If you have bone, joint or muscle pain contact an orthopedic specialist. No matter your age, you should never have to give up living an active lifestyle."

“ No matter your age, you should never ”  
have to give up living an active lifestyle.





With years of experience and the most advanced technology, OrthoIndy sports medicine specialists will give you the best chance possible to achieve your goals. **Make an appointment** and let OrthoIndy's team of experts help you get normal back, whatever your normal looks like.



To help you better understand what your pain means, what might be causing it and how you can prevent future injuries view our **Ultimate Guide to Sports Medicine.**