

“Let’s Get Moving!”

English writer Aldous Huxley once said, “The goal is to die young, but as late as possible.” We are always striving to find the secret cure to longevity, but what’s really important is the secret to a long, *high quality* life.

Over the past twenty years a significant amount of research has been done looking to find this secret to quality aging. One element that continues to prove worthwhile is the idea of active aging. Keeping your body moving and increasing your heart rate is vital in prolonging life, but more importantly increasing a *higher quality* of life. Recent studies have shown incredible improvement in people doing at least moderate activity, (defined as cardiovascular exercise for 150 minutes per week). People with controlled high blood pressure, who begin an exercise program, increase their longevity by 60%. In those over 80 years old, moderate exercise increased longevity by 38% and up to 73% in those that exercise at a high intensity level.



Similarly, depressive symptoms are decreased by 30% in people who exercise moderately and 50% in those who exercise with high intensity. In addition, you can cut your risk of dementia in half simply by exercising! Overall, the studies show that moderate exercise adds 5.8 years to your life while high intensity exercise adds up to 8.7 years. And the best part is that those are healthy, *high quality*, functioning years!



So how do you get started? First, you need to meet with your primary care physician and make certain there is nothing limiting your ability to start an exercise program. Then it is up to you to get going. You might join a local gym that offers a variety of exercise options; many offer senior discounts. The Park City Senior Center offers classes and Kamas and Coalville are looking to do the same. There are also many ways to exercise at no cost. Start by simply trying to walk for 30 minutes a day. You can take a walk around the block, ride a bicycle, work out with an exercise video or park as far away as possible wherever you go. Every little bit helps.

Do your body and mind a favor and keep up your exercise. It will keep you feeling young and not only extend your life but extend a *high quality* life. ***Let’s Get Moving!***

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