

ASHBY ADVISOR

Sixty-first edition
New Year 2012

To start you off with those New Year Resolutions to exercise more let me give you a light hearted look at age appropriate exercises for everyone. Of course the disclaimer: before you start your exercise program be sure to consult the Psychic Network from the planet Befitalotmore. Regular phone charges will apply, void where prohibited.

Age appropriate exercises:

1) Toddlers - good grief - turn off the electronics and throw them in the backyard with a ball and a few friends. They'll figure it out.

2) Toddlers to 20's - Add more balls, goal posts, a few bats, gloves, goals, throw in some dance and oh yeah - turn off the electronics. Texting while kicking a soccer ball could be hazardous.

3) In your 20's - You're still full of vitality and ready to conquer the world. So lets do some world conquering exercises. Warm up with a Navy Seal Arctic one mile swim. Then start some upper and lower body work with the Army Ranger 100 foot vertical pole shimmy. This will work your core and glute like nothing else when you are hanging on for dear life at the top. So much for "boot camps" Next is the tractor tire flip across the football field. Finish this off with one leg hops up to the top of Reunion Tower (or the equivalent) (each leg). Keep moving up the intensity of each workout till you pass out. Repeat this routine six times a week. You're young and heal quickly. If the Arctic Swim gets too easy tie one hand behind you and breathe through one nostril.

4) In your 30's - you feel like you're losing that competitive edge in sports, dance and channel surfing. But family obligations are eating into your time. Time to reset that clock. Who needs sleep? Three sugar free fat free latte's should ramp up your 3 am workouts. To target those fast twitch fibers in your muscles (if the lattes haven't already) we'll leave out the Arctic swim and substitute wind sprints with a parachute and a drag line. Start with 2 sets of 5 reps of 100 meters. Then 500 push ups and 500 pull ups - need to keep the front and back balanced.

5) In your 40's - the joints are getting a little worn and stiff from the 20's and 30's workouts so we'll now start adding in some dynamic stretches from the Cirque du Soleil gymnastics classes. Check out their you tube link on "Oh my god - how'd they do that?!!" Afterwards schedule multiple MRI's - shoulders, spine, hips and of course the brain.

6) In your 50's and beyond - Time to start revamping your routine (old injuries, minor/major surgeries, 60 hour work weeks.) So now we'll go to: Meditate 10 minuets daily or otherwise known a nap) Light yoga stretching just to the point where you can reach your dinner fork. A slow walk around the block with ankle/knee/hip braces as needed (from the stair hopping and pole gripping all those years) Keep that heart rate down since we don't want to pop loose any arterial plaques. Weight training with 6-12 ounce dumb bells twice weekly. (we need more recovery time)

I hope you got a good laugh from this since laughing is great exercise.

And seriously, if you are going to start a workout program and are having some aches and pains, let me check those out before they become something worse. Happy New Year.

Quote of the month " The greatest things ever done on earth have been done little by little."