



Topic 3 for PHW 50+ PAGE FOR FEBRUARY 2025

Hello my 50+ Pals. Welcome to this month's topic which is, MAINTAINING MOBILITY WITH TONING EXERCISES FOR 50+ PALs

At about this age 50+ you may begin to feel your muscles and joints acting up once in a while, and this may even disturb your movement or mobility while performing your routine everyday chores. Can you relate with this? You may already have been diagnosed with osteoarthritis or rheumatoid arthritis already by your doctor in relation to these muscle and joints issues.

This can be worrisome but do not let it disturb you too much as this is one of the ways your body is telling you you need to plan and work at aging gracefully (hope you have read my first topic on this already). This blog is to build on that but specifically with supporting you with how to manage these sore muscles and joints with simple toning exercises you can perform at home daily.

Now what exactly does Toning exercises mean? Toning is often associated with a combination of strength training and cardiovascular exercise to help create a lean, sculpted appearance. These are exercises or workouts designed to improve muscle definition, firmness, and endurance without significantly increasing muscle size. These toning exercises generally involve resistance training with lighter weights and higher repetitions or bodyweight movements that help build lean muscle while reducing body fat.

Common toning exercises include:

Bodyweight exercises (e.g., squats, lunges, push-ups, planks)

Resistance band exercises (e.g., banded leg lifts, rows, bicep curls)

Lightweight strength training (e.g., dumbbell shoulder presses, triceps kickbacks)

High-rep, low-weight workouts (e.g., Pilates, barre, circuit training)

Now you may say, wow! These sound like very serious and strenuous exercise for my already sore muscles and joints. Another question you may ask is, are these toning exercises really for people my age 50+?

Yes! Toning exercises are excellent for this age group because they help maintain muscle strength, improve balance, and enhance mobility, all of which reduce the risk of falls and injuries. Since toning exercises often use light weights, resistance bands, or bodyweight movements, they are gentle on the joints while still providing great benefits.

Here are some best Toning Exercises for people 50+:

1. Chair Squats – Strengthens legs and improves balance.
2. Seated Leg Lifts – Enhances lower body strength and stability.
3. Resistance Band Rows – Improves posture and upper body strength.
4. Wall Push-ups – Strengthens arms and chest without straining wrists.
5. Seated Marching – Boosts circulation and coordination.
6. Standing Calf Raises – Helps with balance and ankle stability.
7. Gentle Yoga – Enhances flexibility and core strength.

Below are some toning exercises specifically for **balance and joint health** and they can help strengthen, stabilize muscles and prevent falls especially as you age:

1. **Chair-Assisted Single-Leg Stand**
 - Hold onto a chair with a high backrest for support.
 - Lift one foot slightly off the ground and hold for 10-15 seconds.
 - Switch legs and repeat 5-10 times per side..
2. **Side Leg Raises (With or Without Resistance Bands-you can get these in any sports or multipurpose or pharmacy stores)**
 - Stand behind a chair with a high back rest, holding onto it for support.
 - Lift one leg to the side, keeping it straight, then lower slowly.
 - Repeat 10 times per leg.
3. **Calf Raises (Strengthens ankles and lower legs for stability)**
 - Stand with feet hip-width apart and rise onto your toes.
 - Hold for 2-3 seconds, then slowly lower.

- Repeat 10-15 times.

4. **Standing Knee Lifts** (*Good for core strength and balance*)

- Lift one knee toward your chest while keeping your posture tall.
- Hold for a few seconds, then lower and switch sides.
- Repeat 10 times per each right and left knee.

Here is another set of simple joint-friendly Toning Exercises (*To reduce stiffness and improve mobility*)

1. **Seated Leg Extensions** (*For knee health*)- *I do this a lot and it has proven helpful for me. I hope it does you good too.*
 - Sit in a sturdy chair and extend one leg straight out.
 - Hold for a second, then lower slowly.
 - Repeat 10 times per leg.
2. **Gentle Wall Push-Ups** (*For shoulder and wrist mobility*)
 - Stand a few feet from a wall, place hands on it, and do a controlled push-up.
 - Repeat 10-15 times.
3. **Arm Circles** (*Loosens shoulder joints*)
 - Extend arms out to the sides and make small circles.
 - Reverse direction after 10 seconds.
4. **Seated Shoulder Rolls** (*Relieves stiffness in the neck and upper body*)- *I do this too and it is so relaxing especially after a stressful day*
 - Sit upright and roll your shoulders forward and backward 10 times.
5. **Ankle Circles** (*Improves flexibility in the feet and ankles*)- *I do this especially when sitting in a plane for a long travel time.*
 - Sit in a chair, lift one foot, and rotate your ankle in circles.

- Switch sides after 10 rotations.

Now, I don't want you to hurt yourself while performing these toning exercises, and so please read and follow these tips for performing these Toning Exercises carefully.

- Start with light exercises and increase gradually based on your tolerance limit
- Focus on slow, controlled movements to avoid strain.
- Use a **sturdy chair** with a high backrest or **wall** for support if needed.
- Always warm up with light exercises e.g do deep breath in and out exercises for 3-5 mins before starting the toning exercising and cool down afterward.
- Move slowly to stay in control
- Stay Hydrated by ensuring your water bottle is by your side while performing these toning exercises, and potable water refill is easily accessible when needed.
- For best results perform these toning exercises at least 3-5 times a week, if not possible daily.
- You can alternate the exercises as you
- Very Important: Listen to your body—if something feels painful, modify or stop.**

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Cheers and live healthy daily