



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #7 Transcript: Health: Use It Or Lose It

JANE SHINE:

Is the aging process slowing you down? Have you heard that old saying 'Use it or Lose it'? Well, I am finding out that it is 100% true. I used to make fun of that quote. I thought It was weird and yes, I will admit it, I even thought....how stupid. I never took the time to figure out what it even meant. Who is the stupid one in this equation? But, regardless of what I thought (or didn't think) 'Use it or Lose it' is a true statement. Whether it be your mind or your body, if we don't engage those muscles those muscles will no longer exist. In episode 7 of the Positively Jane Podcast I am going to talk about why exercise is important - no matter how old you are.

INTRO:

This episode is brought to you by Vitruvi whose slogan is 'Make the air beautiful.' Vitruvi has the most beautiful stone diffusers that I have ever seen and their scents are light and amazing. Traditional home scenting products use toxic ingredients to mask odor and I am on a quest to eliminate as many toxins as I can. All of their scents are 100% natural, vegan, and pure. I diffuse their scents all day. Looking to go to sleep, get energized, stay calm....there is a scent for everyone. Check out the Vitruvi diffusers, humidifiers, and scents. Link in show notes. Your home will thank you.

JANE:

Ok - back to the show! Have you wondered why old (er) people walk like ducks? Their feet are carefully and deliberately placed at a V when they take a step. They do that so they can keep their balance because their quads, calves, and feet are not strong. The muscles are weak. They lost it. Has this happened to you? If it has, It is **not too late** to reverse it!

Our bodies were designed to move and to keep moving. We need to exercise. We need to stretch. Because, if we don't use those muscles they will go away. We will become stiff and definitely achey. I know this from personal experience!

So, let me ask you - how is your body doing?



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- Can you jump like you could as a kid? Or is it more like 2" off the ground...on a good day?
- Can you hike and jump from rock to rock? Or do you c.a.r.e.f.u.l.l.y step from rock to rock?
- Can you touch your toes? Or do you have to bend your knees to reach them?
- Can you even bend your knees to try and touch your toes?
- Can you sit on the floor?
- If you can sit on the floor can you even get up without help?
- Can you cut your own toenails?
- Do you walk slowly and deliberately because you are afraid to fall?
- If any of your answers are not what you would like them to be, maybe it's time to make a change.

About 5 years ago I realized that cutting my own toenails was becoming difficult. Holy moly! I could hardly bend over. So I joined a Yoga studio primarily for the sake of stretching. At the time I went to yoga a few days a week, and let me tell you, those slow classes where I was supposed to hold the pose for 5 seconds or more were killers! I could hardly move the next day!

Fast forward - Covid hit and I did nothing for 3 years. Could I have done classes online? Or chair yoga? Walk for miles? Yes - I could have done all of that but I didn't. I have no excuse and looking back I could just kick myself.

Because those 3 years did a number on my body. It is stiffer than ever before.

We moved about 5 months ago to be closer to my daughter and her family. Eleanor Jane is 2 and a busy girl. I realized that if I didn't start exercising again I would never be able to keep up with her, let alone get on the floor and color or play games. So, I joined a Pilates studio and I now exercise on the reformer 2-3 times a week.

Thankfully I am getting my strength and some of my flexibility back. I am hoping that consistency will help me. I also have come to realize that I will never get back all that I lost - too much time has passed. But rather than looking back I choose to look forward. I look at what is to come. What I can do now. Now being the key word here. I do not want to look back in 2 years and



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wish I would have made changes when I could. Eleanor needs her Grammie to hang around with.

Exercise is beneficial to us on many levels. I am going to list the top 10 reasons below. You might laugh and scoff at some of them, just like I did when I was younger. But I promise you...if you are lucky enough to get older, unless you take care of yourself now, it will be very difficult to regain what you lost.

- 1.Improve your memory and brain function (all age groups).
- 2.Protect against many chronic diseases.
- 3.Improve joint pain and stiffness.
- 4.Maintain muscle strength and balance.
- 5.Increase life span
- 6.Aid in weight management.
- 7.Lower blood pressure and improve heart health.
- 8.Improve your quality of sleep.
- 9.Reduce feelings of anxiety and depression.
- 10.Increase and help you maintain bone density - which is a thing when you are older too!

The same holds true for your brain. Memory loss is a big thing when you get older. The more you use your brain the more active it stays. Think about it - when you get home from a relaxing vacation it's hard to get back into the routine. Your mind and body just want to continue taking a break. It's hard to even think!

When a person gets older, whether or not they retire, the kids move out, or they are just taking life a tad slower - the brain and the body need to stay engaged.

As with all things in our lives - if it's important to you, you will put forth the time and effort. Scheduling is key. I like to schedule my Pilates classes first - I do about a month at a time, and then I schedule everything else around it. It is that important to me.

And yes, it takes time. And yes, it can be expensive. But the cost of exercising now is much less than the cost of having a family member or a caregiver



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taking care of you when you can no longer get around on your own.

Also - when your body is weak the risk of falling is great. When your quads and calves can no longer support you if you stumble, catching yourself might not happen. Broken hips are no fun!

I would like to encourage you to get moving. Find a class or an accountability partner. I find that sometimes I need someone to make me get going. Or a class to make me finish. I am planning on doing a bit of weight lifting so that I can hopefully regain some of my muscle mass. I need those quads to support me!

Figure out your goal - is it to increase balance and flexibility (that was my goal), build strength, increase muscle mass, just get the legs moving - one foot in front of the other? Once you know your goal...and your BIG why, figure out how you would like to get moving.

If you are a person who needs others in a class environment go check out what is available in your area. I went to a few different types of studios before I decided that the Pilates Reformer was for me.

Maybe you would rather move at home. Do you need equipment or can you do household chores as you exercise? I make a point to bend over as often as I can. I swing my arms in wide exaggerated motions to get them moving. Laundry is a bend and stretch motion for me. Down and straight up - then center to fold.

What are you doing to move? What are you doing to maintain what you have now? Because I can almost guarantee that if you don't use it....you will lose it. Can you go out and go for a short walk? And then, as you get stronger, go a bit farther every time? How about a Yoga class for beginners? Or a low impact exercise class? My husband took a chair yoga class and loved it. In 8 weeks he was able to stand, from his chair, without leaning on the chair. Which is a major accomplishment for him because he has hip and back issues.

One company that I love is P.volve. They have online classes and equipment that goes along with the classes. You can set up a call and they will create a



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program just for you. They have classes for all ages and all levels. I plan on dusting off my equipment and taking a few classes myself. I'll keep you posted on that. Their link is in the show notes.

And, before I forget I want to throw one more thing into the mix and it's your skin. Your skin is the biggest organ in your body. It takes the most abuse from the environment. As we age our skin gets drier and drier. Please start taking care of it when you are younger...and even if you are older like me it's not too late. Something is better than nothing.

I have been using True Botanicals face and body oils for almost 4 years now and I definitely see the difference in my skin. Especially my face. It feels so soft. The fine lines and wrinkles are not as noticeable. And, because everything I use on my skin is non-toxic, I am eliminating the products that are harmful to me and the environment. Check them out. Link is in the show notes.

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life....everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this will definitely help you take the first step towards living your joyful life.

Thanks for listening. If you like what you hear please subscribe and share with your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time - go out and make it a joyful day!

Links mentioned in this episode:

- Joyful Living Quickstart Guide
- Aging Gracefully Newsletter
- PositivelyJane Website



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