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## Get Your ESS in Shape

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Regular exercise keeps our minds and bodies healthy, yet according to CDC studies, more than 50 percent of Americans fail to exercise on a regular basis. If you are not currently exercising, are you waiting for a crisis to force you to pay attention? Start getting your ESS in shape today! Getting your ESS (endurance, strength, and structure) in shape is vital to your 100 Year Lifestyle.

### Endurance

When endurance is high, stamina and regular activity will be a part of your life even while you age. Your energy will be high and you will feel like doing things. You will not be left at home alone while your partner goes off to experience the world. You can increase your stamina through cardiovascular, aerobic exercise that strengthens your heart, burns calories and increases your energy. Running, cycling, swimming and power walking are just a few examples of types of exercise that will increase your endurance.

If you already have arthritic or pre-arthritic conditions, low-impact exercise becomes more important as you age. Exercise machines like the elliptical, bicycle, rowing machine and stair-stepper are popular with people aged 50 and older because they allow you to exercise your cardiovascular and muscular systems without pounding your joints and your spine.

### Strength

Strength training is important for healthy aging because you will need your muscles to be strong to keep you confident in your body and maintain your independence. Strength training can be done through weights, yoga, Pilates, PowerCentering and many other styles of exercise. The sagging muscles and skin we often associate with aging come from not keeping your body toned through strength-training exercises. If you have not been actively involved in a strength-training program, consult with a health professional to customize a program.

### Structure

Keeping your structure in shape will keep you looking good and help to prevent injuries when you exercise. Your structure includes a healthy spine and correct posture. Balance is crucial to being able to enjoy exercise. Regular chiropractic care will ensure that your body is in balance and prevent serious injuries and degeneration. Make sure your chairs, mattresses and pillows all support the natural curvature of your neck and back. We spend a third of our lives lying in bed asleep. If you are like many of us and have a desk job, you probably spend close to another third sitting. This is why ergonomically designed chairs, computer workstations and work platforms are important to ensure that you don't injure yourself on the job.

Insert your doctor or practice name here  
Insert your office address and phone number here