

June 4, 2005

If there is a *secret to long, healthy life and virility*...even if you did not choose the right parents, it is **regular exercise**: aerobic, graded, and integrated into one's life-style.

But what is that concept? Well, after getting medical clearance from your physician if you are over 50 or if you have long been a couch potatoe at any age, the important exercise is endurance-building rather than muscle-building: brisk walking, stair-climbing, bicycling, rowing, etc. For example, a 72 year old man, 6 ft. tall, 205 lbs, in fairly good condition and fairly active generally, does a 1 mile brisk walk at 4 miles per hour in fifteen minutes, with a two minute warmup and two minute cool-down, during which time his pulse (monitored constantly by a Polar Pacer, *very important*) goes from 65/minute to 100 - 120, depending on the exercise, with a return below 90 within two minutes. He then does 8 flights of stairs at 3 flights per minute. He then rows (at maximum machine tension) 500 meters at 35 strokes per minute. He does that two or three times per week. It takes about 30-40 minutes...and it feels great.

"Try it. You'll like it".

GS