

Health In Progress

Lesson 26

Aging and Weight Gain



QUESTION 26:

TRUE OR FALSE

As people age, they are supposed to gain weight and get "out of shape".

ANSWER: False

1. Many adults lose fitness and gain weight as they get older, but if they eat healthy and get exercise they will have the same benefits as young people who do the same. Young people who have the misfortune of being overweight and out of shape as they *enter adulthood* are at a major disadvantage !

Some of the factors that contribute to loss of fitness as we age are the following:

- a. Sedentary work: Needing to sit for hours at a job
 - b. No time: Have to work, take care of the kids, etc.
 - c. No longer active: Played sports when younger, but no longer in competition
 - d. Technological advances: Because we have cars, elevators, etc., fitness is "optional". We can function in present-day society even if we are not fit.
 - e. Greater income: We have the ability to eat more at home and away from home; we can pay someone to do "chores" that involve exercise (yard work, housecleaning, laundry)
 - f. Lack of knowledge or being unaware of the importance of:
 - * staying fit
 - * maintaining a healthy weight
 - * healthy diet
 - h. Stressful lives: Some people are unable because of difficult social circumstances to be able to take appropriate care of themselves.
2. Grandparents, parents and guardians serve as a role models for the younger generation. It is easier for kids to be active and practice healthy eating habits if their parents or guardians do the same.

ACTIVITY: Plan a special "active" activity for your family. Encourage your parents and siblings to get out of the house and do a healthy activity together. Pack a healthy snack or lunch so they when you are finished playing and exercising you don't end up at a fast food restaurant!