

# My exercise regimen, or “Exercise that I do”

Earlier this year, many of you enjoyed an Intelligent Medicine blog that I wrote: “Supplements that I take.”

So, by popular demand, here’s a companion piece on my exercise program.

Every year, I try to enter one or two Olympic distance triathlons, which entail the following:

9/10th mile swim in open water

A 24 mile bike ride

A 6.2 mile (10K) run



Practicing for this provides me with a diversified menu of aerobic exercise, so I don’t “burn out” on just one activity or run the risk of repetitive stress injury, so common in single-sport athletes, especially past a certain age.

I try to get in one or two 1 mile or mile and a half pool sessions per week at my neighborhood “Y” or, if I’m away, at a hotel or health club pool. In summer, I enjoy the waters of Long Island for outdoor swimming.

In spring, summer and fall I do weekend bike rides ranging from 15 to 30 miles near my home on Long Island. Winters, I have to settle for vigorous spin classes at the “Y” unless I can sneak a trip out to Arizona where the winter biking is fantastic.

I pretty much run all year long, usually 4-6 miles at a clip, and I generally prefer the outside because the cold helps you to sustain fat-burning “brown fat.” But, on really grim days, I must admit to wussing out and I hit the indoor treadmill instead. Fifteen minutes on the stair-climber or the rowing machine at the gym from time to time provides some diversification from running.

I work out with a personal trainer at the “Y” once a week, and we concentrate on upper and lower body strength. My trainer helped me rehab from my hip fracture, and whenever I have a new ache or pain he seems to come up with an exercise routine that helps to resolve it. Recently, he helped me recover from a pulled hamstring and some shoulder soreness.

Sometimes, on mornings when I’m pressed for time, I put on the boxing gloves and spar with the heavy bag at the gym for fifteen minutes or so. It’s amazing how quickly you can work up a sweat doing that.

Lately, I’ve been picking up a Sunday morning abs and core strengthening class at the “Y” that has gone a long way toward eliminating bouts of back pain.

Also, this year I’ve integrated the “Melt Method” into my routines, which provides a way of stretching and remodeling tight fascia in my feet and legs. It involves using rubber balls of various hardness and cylindrical foam rollers, kind of like a self-massage.

Do I exercise every single day? For sure, no, because it’s important to allow the body a chance to rest and recover and consolidate gains in strength and endurance. But I generally work out at least 4-6 times per week. On off days, I might just get a gentle stretch going on the yoga mat, or walk the two miles to work or to a museum

or movie instead of taking the subway.

Think it's too late for you to start your own personal exercise program? **This article** that shows "It's never too late to start exercising, according to a new study that found formerly inactive seniors who took up exercise still experienced health benefits."

Additionally, you may want to review my recent blog "Diversify your exercise portfolio."