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For able-bodied and healthy later years you will need just 2 things. A Senior Walking Fitness programme as well as a healthy diet program.

Under your own steam is quite easy, just begin little by little and for a few days walk around the block. Then, if you've managed to pass McDonalds without stopping a few times, go a little bit more. Attempt ten minutes brisk walking, turn round and walk briskly back. Celebrate, you have walked a mile. A whole mile! I told you it was effortless.

Do that day-after-day and strength will come quite soon, although not if you go home and have a beer along with a pizza afterwards.

You may think under your own steam for walking sake is uninteresting. Not so. Shop around, city dwellers can check the changing shop windows - but keep on past, wandering round shops seriously is not walking. Cities own parks and parks possess flowers, trees and birds. Check them out, purchase a book. What tree is that? What bird? Carry on notes, date of the first crocus, the first barn swallow and, harder to undertake, the final barn swallow. Within the country your potential are limitless, from ticking off 5 historic churches in a day to circumnavigating a lake or for novices a pond. There are a few things to view all over the place, any time for ever and a day.

What to be dressed in. If you , yourself are doing country walking you'll need the best clothing. In hot weather it really is simple; jeans, hat, tee-shirt and sunscreen. Cooler weather needs better outfits. Fine boots are important, hot or cold. But in more temperate climates a rainproof anorak is a must. Not shower proof. A shower proof anorak is ok for ten minutes and misery after that. 9 minute showers will not be assured. A hat continues the head warm and you'll pull your anorak hood over it when it rains, or put it to your pocket, so make that a folding hat. Take gloves and also a rucksack for the drink and snack. Not a huge rucksack, you are not heading for base camp in the Himalayas, nor are you marching across Helmut Province. Maintain rucksack and contents light. So there you are, the outside beckons.

But do you think you're motivated to walk daily? Test it out and see, but perhaps a committed companion will walk with you to keep you both going. Or, if all else fails, stay on the sound advice of Gordon Gecko 'If you need a friend have a dog'.

So now you'll need a well diet program. Seniors on the Mediterranean countries usually are not plump. They eat fruit, fish, lean meat, olive oil and, would you believe, a glass of wine to come with it. They survive long and vigorous lives eating a Mediterranean eating routine. Now we discover that their diet could will grant shield against skin cancer. The incidence of melanoma in Australia is 50 per 100,000 people, in Scandinavia 22 per 100,000, in Mediterranean countries 3 in 100,000. There can be other points concerned and research is continuous, but it is another reason to think about the strong and pleasurable Mediterranean diet plan.

Do this and shortly you'll not be nervously trailing at the back everybody else but joyfully scampering over the mound.

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