

*Staying Active (without injury)  
for Every Stage in Life*



OrthoSouth

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You may have always lived an active lifestyle. Perhaps you were a student athlete who grew up to be a weekend warrior. Or maybe you're looking to add more activity to your routine.

No matter your situation, one thing is certain:

You're getting older.

As we age, our bodies change. Activities that were easy in your 20s might now require more effort or even caution. Fortunately, you can still stay active throughout every stage of life. And it's never too late to get in shape.

"Staying active is a main factor in enjoying a better quality of life at every age," says OrthoSouth sports medicine physician **Dr. David Brown**. "Regular movement helps maintain strength, flexibility, and overall health, making it easier to continue doing the activities you love. Remember, it's never too late to start—keep moving and stay vibrant!"

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*- Dr. David Brown, Sports Medicine Specialist*



## Staying Active in Your 30's:

**Be Consistent.** Life can get really busy in your 30's. This is the time many people are buying homes, raising a family, and/or working hard to advance their jobs. Don't forget to make time for exercise. Staying consistent now will help create a foundation for a long-term exercise routine.

**Cross Train.** If you primarily run, try lifting weights. If you mostly hang out in your gym's weight room, try Pilates or yoga. If you only played one sport in college, join different intramural teams.

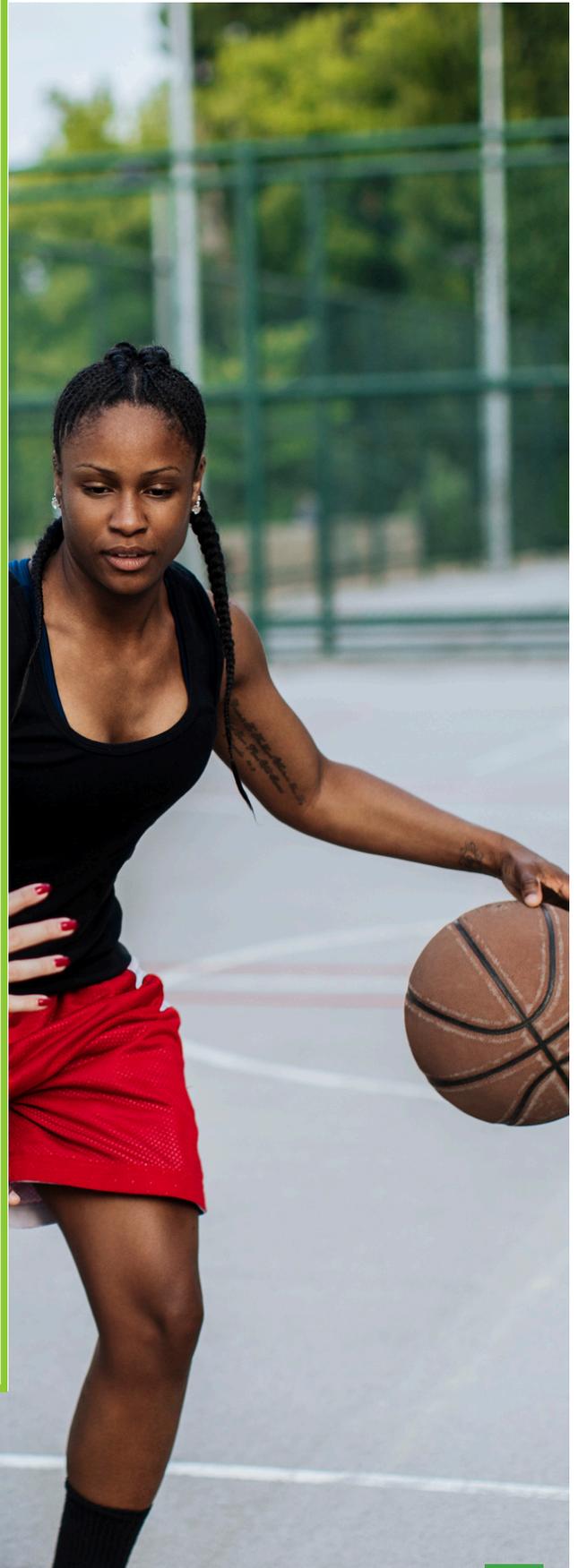
**Don't Let Stress Win.** Yes, you are busy in your 30's. Skipping your morning workout or choosing fast food are sometimes hard to avoid. However, you will feel less stressed if you take time for a brisk walk or make a point to eat a fresh salad.

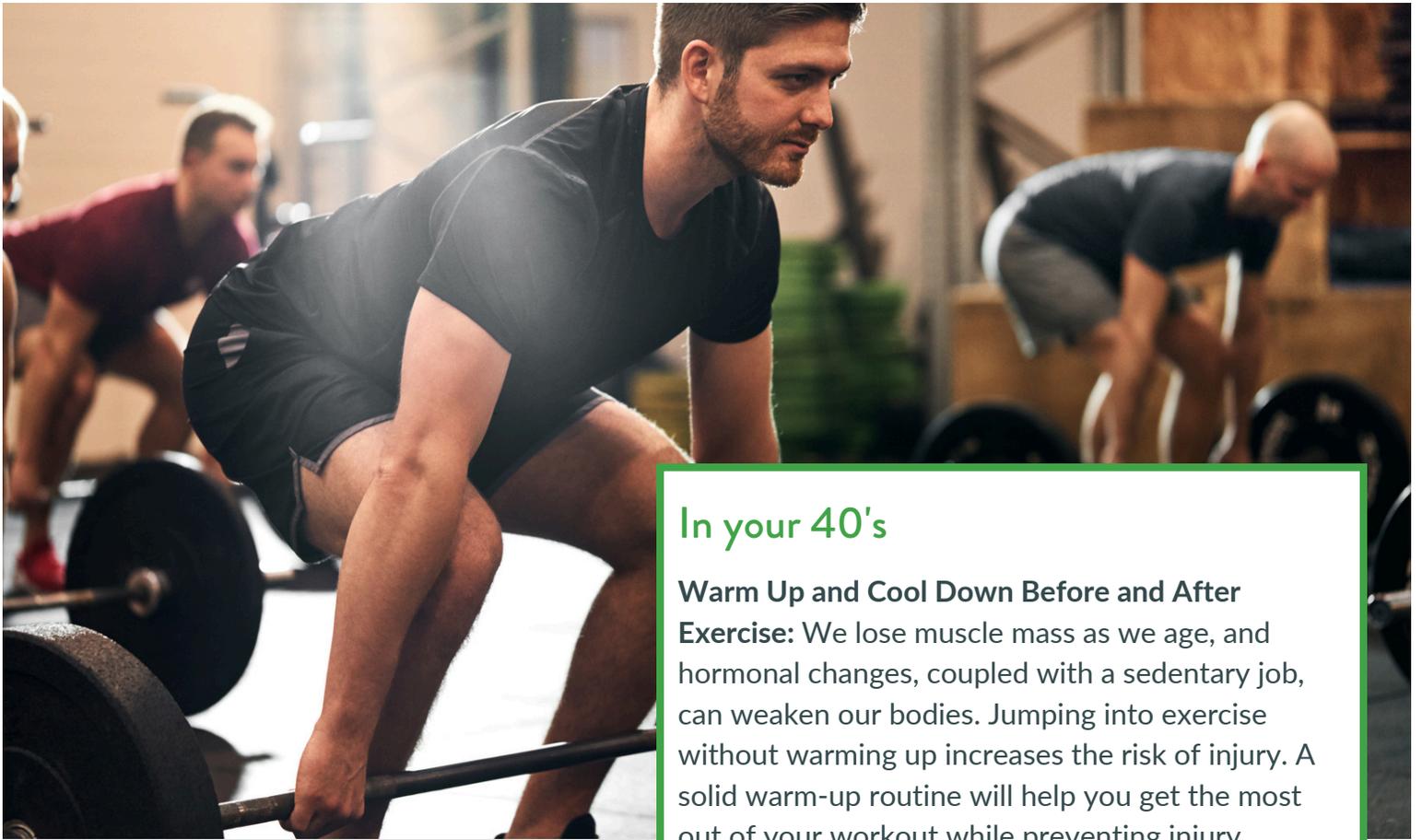
"Consistency is crucial for maintaining an active lifestyle in your 30s," says Tyler Cannon, MD, OrthoSouth upper extremity surgeon and team doctor for Memphis University School.

"Incorporate cross-training to keep things interesting and to prevent injury by balancing different muscle groups. Stress can exacerbate physical fitness challenges, but remember that exercise can actually help counter and manage stress. Stay committed, stay diverse, and keep moving forward!"



**Tyler Cannon, MD**





## In your 40's

**Warm Up and Cool Down Before and After Exercise:** We lose muscle mass as we age, and hormonal changes, coupled with a sedentary job, can weaken our bodies. Jumping into exercise without warming up increases the risk of injury. A solid warm-up routine will help you get the most out of your workout while preventing injury.

**Strength Train:** Quality of your movements is more important than the weight you lift. Focus on slow, controlled weight-training movements.

**Stretch:** Using a foam roller when stretching may help to improve your flexibility and relax your muscles. Even a few minutes of stretching in the morning and before bed can make a big difference in your flexibility, which can decrease the tug and pressure on your muscles when you move, preventing injury.

To maintain a strong and resilient body as you age, it's essential to warm up and cool down before and after exercise, prioritize quality in your strength training, and make stretching a daily habit. These practices will help you stay active and reduce the risk of injury.



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*Dr. David Brown, OrthoSouth*

### In your 50's

**Give Your Core Strength a Boost:** Strengthening your core muscles helps reduce back pain and promotes good posture. Yoga and Pilates are excellent low-impact activities that are great for your core.

**Rest:** Soreness and fatigue after workouts may become more common in your 50's. This is normal; don't give up. Allow your body more time to recover between strenuous activities. Gentle stretching and massage can help your muscles feel better during this period.

**Keep Up Aerobic Activity:** Lifting heavy weights may become harder as muscle mass and bone density decrease, increasing the risk of injury. Keep your bones and muscles strong with aerobic activities such as swimming, cycling, swimming, or jogging.

"Maintaining wellness in your 50's involves focusing on core strength to reduce back pain and improve posture with activities like yoga and Pilates," says OrthoSouth sports medicine doctor **David Brown, MD**. "Allow ample rest between workouts to manage soreness and fatigue, and keep your bones and muscles strong with aerobic activities such as swimming, cycling, water aerobics, or jogging. These practices are essential for staying active and healthy."

## *In your 60s, 70s, and On*

**Find an Exercise You Love:** You might find that you have more time to devote to being active as enter new stages of life. This is a chance to discover new activities you enjoy that keep you moving, such as kayaking, gardening, hiking, or playing with your grandchildren.

**Don't Fight Through Pain:** It's common to experience more joint and muscle pain as you age. Listen to your body. If pain persists despite rest, consult a healthcare professional for guidance.

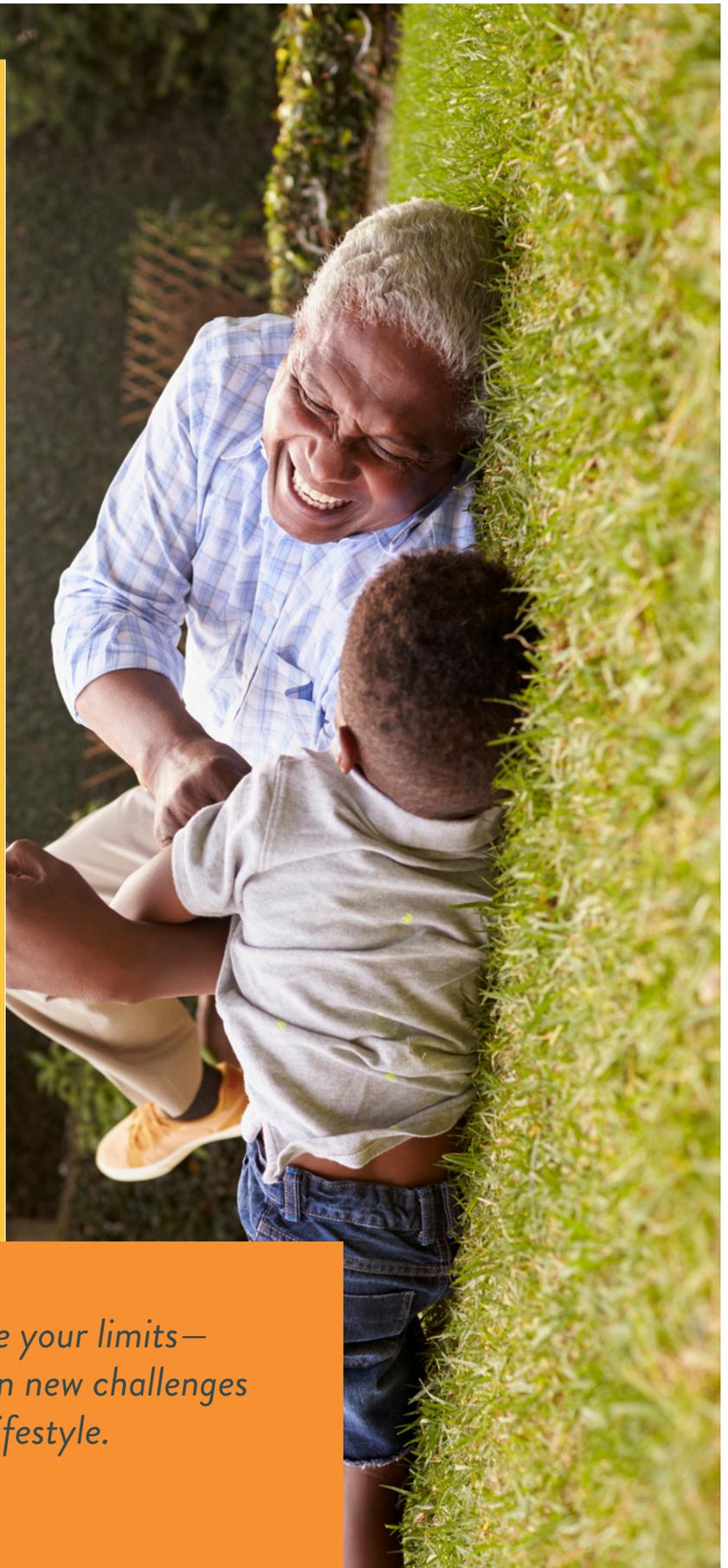
**Embrace Your Age:** Being 70 doesn't mean you can't run a mini-marathon or join a CrossFit class. You can still challenge yourself and enhance your lifestyle.

"As you age," says OrthoSouth sports medicine doctor **David Brown, MD**, "embrace activities you love that keep you active, like kayaking, gardening, hiking, or playing with your grandchildren. Listen to your body and seek professional advice if pain persists. Don't let age define your limits—you can still take on new challenges and improve your lifestyle."



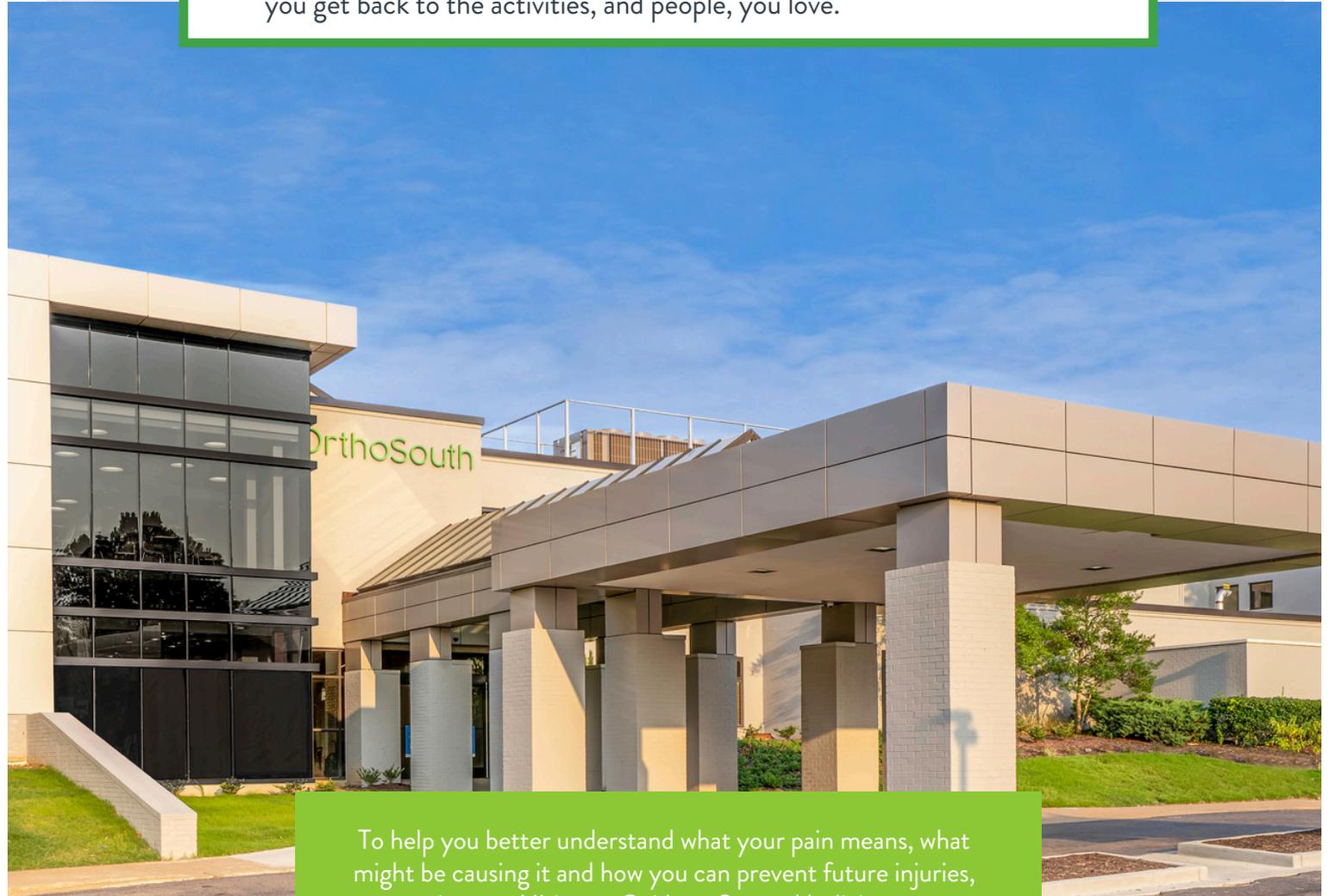
*Don't let age define your limits—  
you can still take on new challenges  
and improve your lifestyle.*

Dr. David Brown





With years of experience and the most advanced technology, OrthoSouth sports medicine specialists will give you the best chance possible to achieve your goals. Make an appointment and let OrthoSouth's team of experts help you get back to the activities, and people, you love.



To help you better understand what your pain means, what might be causing it and how you can prevent future injuries, view our Ultimate Guide to Sports Medicine.

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