

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."