

# Over 50? Four of the Most Dangerous Exercises

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They say age is just a number. But when it comes to exercise, age can say a lot about what you can and can't do. Sure, someone may be in peak physical condition well into their 50s, but certain workouts carry a greater chance of injury and other health issues. These are the most dangerous exercises you can do if you are over 50.

## 1. Long-distance running

Cardiovascular exercise should be incorporated into everyone's regime. However, running long distances shouldn't be your cardio of choice if you're over 50. Since your aerobic capacity declines as you age, you likely won't be able to maintain the rigorous pace you once could. You don't have to stop running altogether; just tailor your run so it's more manageable.

**Try instead:** Running at a moderate level, with intervals of brisk walking in between.

## 2. Squats with weights

To be clear, doing low-impact squats is great exercise. But you should err on the side of caution and skip the free weights. The added weight will put unnecessary pressure on your knees, setting you up for leg injuries.

**Try instead:** Ditch the weights and focus on proper form and more reps instead.

## 3. High-intensity aerobics

Just like long-distance running, intense aerobics should be approached with caution. Your aerobic capacity has decreased and your muscles are shrinking, making you more prone to injury in a high-octane class. Plus, your body will tire more easily, which makes you more likely to misstep and hurt yourself.

**Try instead:** Join a class with a more low-impact to moderate pace.

## 4. Overhead press

This exercise may seem harmless, but it carries serious concerns. Since your muscles shrink as you get older, the bulk of lifting during the overhead press gets put on your shoulders. Plus, the decrease in back mobility as you age puts you at higher risk for back injury.

**Try instead:** Go for a shoulder exercise with less chance of injury, like shoulder raises.