**3 Tips For How YOU Can Stay Fit as a Mature Woman**

With age comes many things. Wisdom grows, finances stabilize (hopefully) and your body goes through changes. When you age, some things just don't work the same way. Staying in shape can be a challenge and getting into shape may feel impossible!

Still, one of the best ways to maintain your vitality as you age is keeping a regular exercise routine. Even though your chronological age may advance, you can help to slow down your biological age.

I know some people feel as though they should be able to let themselves go at a certain point. They may feel that now that they have a career and a family, why keep pushing?

The reality is that your confidence, your looks and your overall health will maintain well into your mature age if you take good care of yourself and your body.

There have been scientific studies that have shown that exercise can keep your body feeling young, which means less pain, less discomfort with basic movements and a longer lifespan.

Even knowing this, many women say to themselves, "That's great and all, but how am I supposed to get myself back into shape? I've let myself go for too long. My body just isn't what it used to be..."

I want to respond by saying that you don't have to be Superwoman or a champion bodybuilder to get your body back into a fit state. There are some amazing exercises that you can do, no matter what your fitness level is.

In this report, I want to discuss how to get yourself back on track and what exercises YOU can be doing right now to keep yourself youthful and exuberant. I'm going to give you three solid tips that just may change your life...

Remember, age is just a number. What is more important is how you feel. If you feel younger and your body reflects it, you will be ready to take on the world, even at a more advanced age!

I know you'll enjoy this report and make sure that you check out the newsletter as well! It is full of great tips for staying fit, no matter what your age!

**Staying Fit Means Longevity**

Before we get into it, I just wanted to take a moment to discuss how staying fit actually helps you with life longevity.

First of all, staying in shape increases your cardiovascular health. You are able to get more oxygen, which you need. It also helps to regulate your mood, keeping your blood pressure down and effectively helping your heart.

Fitness also helps with mental functions, keeping you sharp into your later years. That's right—exercise can actually help you to stay mentally aware.

If you are suffering from arthritis or you fear that you may in the future, it's good to know that exercise can help with movement and pain reduction for those with arthritis.

It all makes sense. Staying in good shape keeps your body running the way it is meant to. You aren't built for a sedentary lifestyle and your biological age can slip away pretty quickly if you allow it.

This isn't even to mention your *quality* of life. Imagine how different your life can be if you take the time to stay in shape in your later years or if you let your body go...

You are going to age no matter what. If you want to slow the process down, though, you need to make sure that exercise is part of your routine and health is a priority in your life. Don't let your health slip away.

**1. Set Goals**

The first real step to getting in shape and staying fit is setting goals.

It doesn't matter what your age is or the severity of change that you are looking to make, goals are an important part of pushing yourself forward, finding out what you want and tracking your progress.

Remember when you are setting your goals to set S.M.A.R.T. goals. If you are not aware of this term, or even if you are, I'm going to walk you through what it means now.

***Specific***

First and foremost, you need to make sure that your goal is specific.

Having a goal like "getting into shape," "staying in shape," or "losing weight" simply isn't going to cut it. You are going to have to set more concrete standards in order to know that you are getting closer to and achieving your goals.

Instead of saying that you want to lose weight, say that you want to lose twenty pounds. Now you have a goal to work towards! This will keep you focused and will give you a sense of pride once you hit this goal.

***Measurable***

The next step is making sure your goal is measurable. If you want to lose weight, you need to have a way to measure this weight loss.

As part of the previous section, you have decided you want to lose twenty pounds. That's perfect! You can measure twenty pounds on a scale, which makes it easier to keep track of whether or not you are on your way to achieving your goal.

***Attainable***

When you look at your goal, you need to ask yourself if it's something you can actually achieve.

If you are twenty pounds overweight, losing twenty pounds is most likely an attainable goal. It may be tough, depending on your circumstances, but chances are you can drop those twenty pounds if you try.

If you are ten pounds underweight and you want to lose twenty pounds, your goal most likely is NOT attainable. There is no way you are going to drop to thirty pounds underweight and stay healthy for very long...

***Realistic***

Going hand in hand with attainable, you need to make sure that your goals are realistic.

The difference here is that you may have a goal that is attainable (like losing twenty pounds), but the way you view the goal is unrealistic.

For instance, let's say you are twenty pounds overweight, but otherwise in good health. You want to lose those twenty pounds. That is attainable. You want to lose those twenty pounds in two weeks though...that is **unrealistic**.

If you set unrealistic goals, you will always be frustrated because you'll never achieve them. Instead, set goals that you *know* you can hit. This doesn't mean you should shortchange yourself. It just means that you shouldn't be working towards something that will **never** happen.

***Time-Sensitive***

Finally, and *very* importantly, your goals need to have a timeframe to them.

Saying you are going to lose twenty pounds is great. Not setting a timeframe, though, makes your goal meaningless.

Are you going to lose twenty pounds in three months? Two years? Before you die?

When setting a goal, you need to set a date. If you don't hit it perfectly, that's okay. The point is that it gives you some form of measurement. Just make sure it's a **realistic** timeframe!

**2. Create a Buddy System**

Once you have your goals in place, the next step to staying fit is creating a good buddy system.

It is helpful if the people in your buddy system are also trying to lose weight, but if not, that is okay. The point is to find someone that you know will **keep you accountable**.

Accountability is key to the weight loss process. If you don't have someone or a group of people to stay accountable to, it can be easy to backslide or fall back into old behaviors. Most people need that extra push to stay successful.

This is why classes work out so well. Going to a cardio kickboxing, yoga or any other fitness class will introduce you to a group of peers that have a common goal with you and this means that you are better able to push each other.

Speaking of which, being part of an accountability group will mean that you need to keep other people accountable. This helps you out *way* more than you'd think.

When you are in charge of keeping other people accountable, it helps you to stay on top of your goals. You don't want to be a hypocrite and you don't want your own goals to slip when you are trying to push those around you forward.

Ask around and try to find which one of your friends wants to join you or at least help to keep you going. Be careful though...some people may only want to nag you, while others may *say* that they want to join you, but when the time comes they may keep coming up with excuses.

You don't want the excuses of other people to hold you back. It's better to take the time and find the right people than to jump in with people who will only hold you back or even bring you down.

Start checking out classes at your gym, start asking around and get involved with a group of goal-oriented peers. This will help to push you in the right direction!

**3. Exercise!!!**

It's pretty tough to stay fit without exercise.

Exercise is one of the key components to staying in shape, along with your eating habits. You are going to need both if you want to age gracefully and have the energy to push you forward throughout the day in your later years.

Now, when I say exercise, I don't mean that you have to start training for a marathon or lifting like a bodybuilder. Exercise, especially at a later age, can mean taking lighter steps to make sure you are getting out of the house and getting your heart rate up.

You don't want to injure yourself, but you also don't want to take it to light on yourself. Complacency is a killer and I mean that quite literally.

People who live sedentary lives tend to live shorter lives and if you want to live longer and really *enjoy* your twilight years when they come, you are going to have to maintain a level of fitness that stops your body from deteriorating.

Your mind, body and soul are all connected. If one of them suffers, they all suffer. Keep this in mind on days that you choose to stay in and skip your workout for the day.

YOU have the ability to keep yourself viable.

So, with that in mind, I want to walk you through a few exercises that you can do, even as you gracefully age as a lady.

All of these exercises can be tailored for your fitness level and if you have injuries, you can work around the exercises that will be harmful to your health. If you have questions about which exercises you can and can't do, please consult with a physician.

***Jogging/Walking***

One of the best and easiest forms of exercise is jogging and walking.

The cool thing about going for a walk or a jog is that you can do it anywhere, anytime and you don't need any expensive equipment! All you need is a good pair of sneakers and some workout clothes and you are good to go!

The other great thing about jogging or going for walks is that you can take it at your own pace.

If you can only jog for a few minutes, you can always slow down. It isn't a race and you aren't competing with anyone for the best scores. It's best to set a pace that works for you and if you can, try to step it up every couple of weeks for a challenge.

Speaking of which, it's good to push yourself. You obviously don't want to injure yourself, but at the same time you don't want to be working at a pace that isn't helping you to see results.

Sure, as you get older you may switch from jogging to speed walking or just regular walking, but you can still try to work with what you have and set goals based around your abilities.

You can try to go faster and if that isn't possible, you can try to go further. There is always a way to keep yourself challenged without putting yourself at risk.

If you are still in the earlier years of your maturity and you are looking to really push yourself to get back in shape, try interval training!

Interval training is where you pick an activity and you set high activity and low activity intervals that help to keep your body and routine in flux. This will keep your body in a state of confusion and will help it to work harder, burning more calories.

Here is an example of interval training, involving jogging...

* Walk for 1 minutes
* Jog heavily for 30 seconds
* Walk for 1 minutes
* Jog heavily for 1 min
* Walk for 30 seconds
* Jog heavily for 2 min
* and so on...

This kind of training is easy to figure out, but will really push you. As you get better, you can always increase the difficulty level. I guarantee with interval training, you will see results!

Jogging or walking is a good place to start, especially if you are in the early stages of trying to get yourself back in shape.

Remember, push yourself, but stay safe!

***Yoga***

Yoga has become a favorite for women, especially women later in life.

The great thing about yoga is that it is for everyone. Even if you are just starting to get back in shape, you can take beginners classes and as you improve, you can push harder and even get into hot yoga!

Yoga is amazing because it helps to improve your flexibility, mood, balance, strength and joints!

The range of motion involved in yoga helps to keep your joints strong, as well as keeping you flexible , which will help with stiffness.

The calm breathing and slow moving physical activity will help with mood.

Keeping those poses for long periods will build up your muscles and will help with your overall strength.

It really is no surprise why so many women have decided to join a yoga class. When you leave, you leave feeling amazing, with a sense of serenity and the proud feeling of getting in a great exercise.

Another great thing about yoga is the class environment that you get when you join a yoga class.

You are surrounded by a group of women (and sometimes men) that also want to get into shape, improve their mood and possibly even get to know new friends. The bonds you make in a yoga class can be pretty deep, as you are sharing in not only a form of exercise but also a form of spirituality.

Sign up for a beginners yoga class and see if it is right for you. Remember to give it some time to make sure, though. It can be tough at first, but over time it becomes easier and more relaxing.

***Lifting Weights***

One of the most popular ways for men to get into shape is lifting weights. They have this image in their head of looking like Arnold Schwarzenegger by going to the gym two to three times a week for an hour.

In reality, it takes a LOT more work to put on mass and to look as buff as what most guys are shooting for.

So, why am I bringing this up in a report about trying to stay fit as a mature woman?

I am trying to illustrate a point about weight lifting.

A lot of women are afraid of the weight rack because they think that by lifting weights they'll look like a female bodybuilder or a man. They are afraid that it will ruin their figure and make them look too masculine.

In reality, it's quite the opposite.

Instead of looking more manly, the proper type and amount of weight lifting can help to *accentuate* your womanly features, as well as giving you the tone that is so in demand these days.

It used to be that being skinny was the goal. Things have changed and as our culture has become more health conscious, people have found that having some muscle is both more healthy *and* more attractive.

I guarantee that if you look at some of your favorite mature female movie stars, you will see some tone to their stomach, legs and even shoulders. This isn't just from jogging or even yoga.

So, how much is too much?

Honestly, I wouldn't worry too much about it. You will see your muscles grow and develop slowly. You won't just become ripped overnight.

Like any other form of exercise, you should always be pushing yourself, but not hard enough to cause an injury. Start on lower weights and figure out what weight on each exercise is enough for you to feel the burn without hurting yourself.

Keep a fitness journal and write down your initial weights in each exercise. Then, each time you go to the gym, see if the weight stays the same over time (it may go down every once in a while, depending on what you did that day and how tired you are).

Every once in a while, when things feel too easy, increase the weight.

You'll eventually hit a point where your body looks exactly like what you were looking for. You may have an image in your head or you may be comparing your efforts to a woman that you see in the media. At that point, decide if you want to work towards maintaining this look or pushing it a step further or back.

It's your body. You can sculpt it any way you see fit!

Keep in mind, you may not physically be able to hit your goals. If you are pushing hard and find you can't push harder or are in risk of injury, slow it down or stop where you are. You can still know in your heart that you are doing your best and your body is in the best shape that it can be!

***Stretching***

Along with yoga or even if you are skipping out on yoga, stretching is a very important part of your health and fitness efforts.

Stretching helps to build your flexibility, which will help with all kinds of different workouts you may be doing. You should always stretch before a workout, especially a cardio intensive exercise.

Stretching helps you to avoid injury, which can put you out for a period of time or even a *long* period of time if the injury is too severe.

Some people stretch before and after workouts. It's up to you, but just make sure you are taking a few minutes every day, even on non-workout days, to stretch your muscles. You'll get better results and save your body a lot of discomfort!

***Body Exercises***

When I say body exercises, I men workouts that you can do without any kinds of weights or equipment. Yes, technically yoga and jogging falls under this umbrella, but for this section I want to discuss other types of exercises that we haven't gone over.

One of these exercises is crunches or sit ups. These will really help your abs to develop, as well as giving you the core strength that your body needs to properly complete other types of exercises.

You can also do push-ups, which help to develop your chest, back and arms. I know you may be afraid to work your chest because of your breasts, but once again, you aren't lifting like an Olympian. Your breasts will be fine!

Another exercise you can do is squats. This will help to work your glutes, legs and back. You may only be able to squat to a sitting position at first, but as time goes you'll find that you are able to squat deeper and deeper.

Other exercises include...

* Birpees
* Jumping Jacks
* Planks
* Pull-Ups
* Long Jumps

There are entire workout routines that you can do from your living room that will cut your weight and build muscle, all while toning your body.

**Stay Active**

No matter which exercises you choose to do and how you do them, the most important thing to remember is to stay active.

If you are living a sedentary life right now, it's time to make the change. I hate to scare you, but this lifestyle is causing you some serious harm. YOU are the only one that can put a stop to this.

Eating well isn't enough. Your body needs a little strain put on it to help it grow and maintain.

Really think about it...years ago people didn't have the choice to be sedentary. They had to farm, hunt, gather and cook. They had to tend to livestock and do chores.

Nowadays we have become used to sitting in front of computer and sitting at home watching TV. Our bodies, on the other hand, have not become used to this.

Our bodies crave exercise and physical activity. To stay healthy, you need to get up off the coach and make a difference. No surgery, no liposuction and no fad diet will be able to save you from the harm that comes to your body from a lack of exercise.

Think about it...do you want to become one of those old women who are sitting around, stuffing their face and waiting to die?

OR do you want to be one of those happy and fit older ladies that make you jealous because they have more tone than you, even though they are ten to twenty years older?

I hope you choose the latter. I hope you choose fitness and a healthy lifestyle. I hope you choose happiness and self-care.

You can do it. You can be a fit and beautiful mature woman. Make those changes starting today!

Thanks for reading this report! If you enjoyed it, make sure to keep up with the newsletter!