

Aging Gracefully – Q&A

- **Q: What if you have joint issues? Are there certain exercises that are recommended for people with arthritis?**
- **A:** Individuals with arthritis may find some benefits in aquatic exercises such as swimming or water aerobics. Buoyancy can take the stress off the joints and provide relief while exercising. However, always consult with your physician before starting any new exercise program.
- **Q: If you have heart issues do you recommend the same thing as for those who have joint pain/arthritis?**
- **A:** Since heart issues can be broad and range from heart disease to palpitations to a valve issue it is important to consult with your physician as to what exercises are appropriate for your specific issue.
- **Q: How do I know if I am doing aerobic exercise correctly? Heart rate?**
- **A:** Great question! For moderate intensity aerobic exercise you can try the sing test– which means you can talk but you can't sing. With vigorous intense aerobic exercise you can barely speak a few words without pausing for a breath. The CDC also has a heart rate calculation you can use if you want to know your specific heart rate maximum and minimum.