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It is becoming a normal phenomenon that more and more people are increasingly becoming health conscious. They are not only going for freehand exercises but also practicing various skills and techniques of an athlete. They are also going for various kinds of fitness medicines and in order to keep them totally fit is going for a complete changeover in their diets. More nutritious food is being preferred by them than the ordinary available ones, since they require high energy drinks and other kind of food items. This will help them to deliver the possible nutrients to build their muscles.

Fitness is one of the important things that is to be maintained in a proper fashion to make our body flexible and make it adequate for multipurpose use. Aging is a common factor and we will have to maintain our body fitness to the most optimum position. So, in order to remain fit as a senior athlete certain things will have to be followed, like

Daily Exercises along with freehand

To avoid any type of tobacco related products

Go for a healthy diet

Apart from this there are other methods to be practiced by the senior athletes, which will help them to remain healthy, like maintaining a healthy lifestyle.

If you are going to live longer, then you should practice a simple method of living. This will also help you to keep yourself away from medicines and diseases will not be able to touch you in any way. You should rise early in the morning and go to the field for jogging or running. To the least possible extent a senior athlete will have to follow this routine on a constant basis. However, extreme pressure on the body should be avoided at all costs; neither the senior person may face certain difficulties due to his/her body conditions.

A senior athlete should have to take care of certain things, which may prove detrimental for his health, like

Putting enough strain on the muscles

Avoid the excess pulling of weights

Avoiding those exercise machines that may cause injury to the senior athlete

Proper care should be taken of the muscles, abdomen, shoulders, biceps and the arms.

A senior athlete should try his/her best to maintain a perfect balance and also flexibility to remain both fit and fine. Free hand exercises are one of the most common of the lot and they should be practiced on a regular basis by these master athletes on an open ground with lots of open air.

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