

Daily exercise might be key to staying young

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By **Kate Lewis** | Staff Writer

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The quickest way to get old is to go home and sit on the couch, according to lifelong Augusta resident Max Bogoslawsky.

That's why each weekday morning, after Mr. Bogoslawsky, 93, worships at Adas Yeshurun Synagogue, has breakfast with friends and reads the newspaper, he grabs his gym bag and cane and heads to the Family Y's Wilson branch for his daily workout.

There by 11 a.m., Mr. Bogoslawsky swims laps and jogs in the facility's pool and sweats in the sauna and hot tub.

"It keeps me fit," Mr. Bogoslawsky said. "Something about it, exercise. It keeps me going."

Physicians have praised the effects of daily exercise for years, but it is especially important for the elderly.

"It's vital, in fact, for a lot of different reasons, but mostly for cardiac health," said Dr. Dean Harrell, who specializes in geriatric medicine at the Medical College of Georgia Center for Senior Health.

Moderate physical activity helps reduce the symptoms of chronic diseases such as hypertension, diabetes and osteoporosis that many seniors suffer from today, said Monique Hillman, the health and wellness coordinator with the CSRA Area Agency on Aging.

"The key is to be consistent and to sustain that consistency for a long time," said Ms. Hillman, who is also a nurse.

"Take those short baby steps and increase your goal every time, and soon it will be like tying your shoes or brushing your teeth. It will be your regular routine."

Nobody knows the effects of exercise better than Mr. Bogoslawsky.

Fitness has always been an important part of his life, and missing a workout leaves him feeling "miserable," he said.

Born at a home on Broad Street on April 21, 1912, Mr. Bogoslawsky said he joined the downtown YMCA as a child.

More than eight decades later, Mr. Bogoslawsky continues to exercise at the Family Y, although his doctor advised him to stop lifting weights.

"Mr. B," as he is called by friends at the Family Y's Wilson branch, is the oldest of nearly 18,000 branch members, said Millie Schumacher, Family Y spokeswoman.

And the secret to his longevity?

"Good, clean living," he said. "I don't smoke, don't drink. I exercise every day. I keep my weight down."

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STAY ACTIVE

Recommended exercise and activities for the elderly:

- Brisk walking
- Gardening
- Yoga
- Tai Chi
- Doing household chores to music

Source: Monique Hillman, health and wellness coordinator with the CSRA Area Agency on Aging

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