

# FLIPSIDE - Think backwards to move forwards...

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## Staying flexible and fit enough for gardening and DIY

What do you fear?	What could <u>you</u> do to make it worse?	Flip it! Do the opposite...	Resources you'll need
Aches and pains - or injuries - from garden, household or decorating work.	Stop lifting anything heavy. Avoid all strain to "protect" yourself. Let muscles quietly waste away	Resistance for resilience. Use light weights or bands 2-3x a week. Muscle is your insurance against falls and frailty	<p><a href="#">TheraBand resistance bands.</a></p> <p><a href="#">"Body by Science" - Dr Doug McGuff</a></p> <p>AI Tip: Even 2 x 20 minute sessions a week slows muscle loss significantly</p>
Stiffness and unsteadiness from getting up and moving about.	Sit in the same chair for 4+hours without moving your joints. Let stiffness be your new normal	The Daily 10. Ten minutes of hip, shoulder and spine mobility before your first coffee or cup of tea. "Oil" your joints daily!	<p><a href="#">YouTube: "10 Minute Morning Mobility for Seniors"</a></p> <p>The Ready State - the <a href="#">readystate.com</a></p> <p>AI Tip: Tight hip flexors are the biggest predictor of lower back pain in the over-60s.</p>
<p>Muscle wastage and weakness in the face of everyday tasks.</p> <p>Turning inward, being afraid of social events. Isolation, anxiety and cognitive decline.</p>	<p>Eat mainly ultra-processed "beige" foods. Ignore protein. Let your body quietly lose the muscle it needs.</p> <p>Let your social circle shrink to familiar faces and TV. Stop learning. Let your brain run on autopilot.</p>	<p>Protein-Forward Eating. Aim for 25-30g of protein at each meal to signal your muscles to stay strong.</p> <p>Cognitive Novelty. One new mental challenge a month - a new skill, language, person or topic. The brain responds to resistance too.</p>	<p>Yuka app - <a href="#">yuka.io</a> (scan food labels for NOVA ratings)</p> <p>NOVA food guide - <a href="#">fao.org</a></p> <p>AI tip: Most over-60s eat only 50-60% of the protein they actually need.</p> <p><a href="#">Meetup.com</a> - find local or online interest groups.</p> <p>Your local Mairie noticeboard for French "Associations"</p> <p>AI Tip: Social isolation is as harmful as 15 cigarettes a day. (Holt-Lunstad 2015).</p>

