


LIVE LONG, LIVE WELL!

QHOTELS

INSPIRED
BY YOU

A photograph of four people (three women and one man) running on treadmills in a gym. They are all smiling and looking forward. The woman in the foreground is wearing a pink shirt, the woman next to her is wearing a teal shirt, the woman next to her is wearing a yellow shirt, and the man in the background is wearing a blue shirt. The gym has a bright, clean atmosphere with large windows in the background.

**A retirement which brings
wealth without health won't
be nearly as great as you
expect it should be.**

Plan for your health as you do for your financial stability with the **Fitness & Wellness Retirement Plan** devised by the wellness professionals at QHotels Health Clubs.

QHOTELS HEALTH & FITNESS RETIREMENT PLAN

IN YOUR 20s



With youth on your side this is the time to experiment and find the health and fitness activities which you enjoy most and can be incorporated into your daily life.

BODY

Invest in your bone health – how you treat your bones now will help determine their health in years to come. Most people will reach their maximum bone strength and density between the ages of 25 and 30 and bones gradually lose their mass thereafter.

DO: 30 minutes of weight bearing exercise 3 times a week

Take Advice – don't get into bad habits with wrong form.

DO: Take advice from the professionals whether it's a Personal Trainer or Exercise Class teacher; they want to help you avoid injury and get the most from your training

Mix it up – Get your body used to doing different types of exercise that engage different muscle groups, and find ones you enjoy

DO: alternate days for cardio and strength training

MIND

Digital Detox – use of smart phones is at an all-time high in your 20s with many of us checking our phones over 200 times a day. Boost energy levels, improve mood and aid motivation by building in digital free periods into your day.

DO: read more. Reading can help you de-stress, improve your focus and concentration and expand your vocabulary.

Grow in Confidence – Being in your 20s is a learning curve, and one of the things you learn is self-confidence.

DO: surround yourself with positive people who share your own interests. When you're with others enjoying a hobby or sport together, your self-esteem will grow and grow.

Relax - life is full of transitions in your 20s, so to counter the effects of stress and anxiety it's important to engage in activities which will help you manage those feelings.

DO: try out a relaxation or yoga class and forget about the outside world for half an hour or so!

IN YOUR 30s



In your 30s, things start changing. You have more responsibilities. Stress is often at its highest as you balance a growing career often with parenthood.

BODY

Stay Strong – if you're not doing any physical activity at this age, you will start to experience a loss of muscle mass

DO: strengthen muscles with resistance training twice a week. This could be in a gym, a bootcamp training class or your own circuit training at home

Stretch – stretching helps to reduce lack of mobility in later life so it's important to make it a habit of daily life

DO: warm up before stretching – this could simply be a fast 5 minute walk. Stretch both sides of the body and hold stretches for 15-20 seconds

Refuel – working out drains you of essential vitamins and minerals so it's important to refuel the body. You should always take on appropriate nutrition after your workout.

DO: Refuel with protein and carbs (2 parts to 1) within 30 minutes of a workout session

MIND

Build in 'Me Time' – with more demands on you, time for yourself is often last on the list.

DO: just as you project manage at work, schedule time out for yourself. Find at least 30 minutes to 1 hour a day to recharge.

De-Stress – as responsibilities grow, stress can be at its highest in your 30s so it's important to find ways of balancing your body and mind.

DO: try regular massage. Rather than a treat, see it as an essential part of your wellbeing. An occasional massage can leave you feeling great, but regular massage can help you cope more ably with physical and mental stress.

Sleep - this is the time of life when sleep becomes more important. Lack of sleep has an impact on both performance at work and the part of the brain which aids muscle development

DO: get into a bedtime routine and try to average 7-8 hours a night

IN YOUR 40s



Turning 40 is a time of physical and mental transition and it is often easy to neglect health and wellbeing amongst stressful jobs and growing children. However, your 40s serve as the perfect time to evaluate your health and listen to your body.

BODY

Have a health MOT – when you're over 40, you can arrange to have The NHS Health Check. The health check measures your risk of developing problems with your health, and advice on how to prevent them.

DO: Regularly visit your GP with any health queries or problems – discussing exercise and lifestyle issues with a professional can have long term benefits.

Warm up – warming up is an integral part of exercising and should never be brushed over. Mobilising and stimulating your muscles before a work out is increasingly important as you get older.

DO: make exercise a priority. Booking a class or arranging to meet a friend at the gym serves as great motivation.

Regain muscle mass – we lose muscle at a rate of about 8% over a 10 year period so any general slow down in metabolism or muscle loss is generally due to less activity. The more muscle you add to your body, the better your body is able to burn calories, even when it's resting.

DO: use resistance training twice a week including barbell squats, dead lifts and bench press to regain and even boost muscle mass.

MIND

Wind Down – your forties are a stressful time for your mind and it is essential to find ways to wind down. Taking time each day to do something you enjoy will really benefit your mental wellbeing.

DO: take up yoga. The deep stretching and low-impact movement involved will relieve any aches and pains whilst meditation will relax your mind.

Prepare for Sleep – good quality sleep is essential for good physical and mental health as well as weight and cardiac function. Limiting the amount of food you eat after 9pm, investing in good quality bedding and black out blinds will ensure you get the perfect night's sleep.

DO: avoid screens for an hour before bed. The light given off by your gadgets makes it hard to switch off, resulting in a poor night's sleep.

Learn – your 40s are the perfect time to prioritise yourself. Enjoy learning something new or take up a new hobby. This is the perfect time to discover a new passion.

DO: suggest taking up a hobby with your friends, perhaps a local exercise class so you can keep fit, enriched and socialise all at the same time.

IN YOUR 50s



It is at this age when we most start to notice aches and pains and hormonal imbalances. You should use this milestone age to take stock of your health and lifestyle and, consider making changes that will minimise ailments and enable you to enjoy a healthier and happier life.

BODY

Boost those happy hormones – for most women and even some men, hormones at this age can play havoc with the mind and body. When you exercise your body releases chemicals called endorphins which trigger a positive feeling.

DO: participate in a good cardio workout, whether it's joining in an exercise class, going for a run, swim or bike ride or even dancing round the living room!

Keep it fresh – doing the same exercises year on year is likely to become tedious and bring no great advantage to your fitness levels leading to a 'plateau' state. It's important to confuse your muscles on a regular basis so they get stronger and continue to burn fat and calories.

DO: try HIIT (High intensity interval training) one day a week. Exercise at a moderate pace for 1-2 minutes then increase the intensity for 20 to 60 seconds, to the point where you're out of breath, then come back down and recover for a minute or two. Repeat several times until you've done at least 20 minutes.

Moderation – According to experts, doing moderate exercise several times a week is the best way to keep the mind and body sharp once you're over 50. Resistance based stretching exercises are a great way to improve flexibility and prevent stiff joints.

DO: cycle and swim. These exercises are highly beneficial for the heart whilst also having a low impact on the joints.

MIND

Positivity – Feeling motivated and positive enhances your immune system and has been proven to lengthen life. Nurturing your relationships and spending time with family and friends is a great way to stay mentally healthy and happy.

DO: take some time each day to address the positive things in your life which will help you to focus your attention and mindset for the day.

Brain training – exercise is vital for mental agility at any age. It increases blood flow carrying more oxygen and nutrients to the brain. Exercise also helps with stress and anxiety which is especially important in your 50s where stress can have a particularly damaging effect.

DO: exercise your mind in a variety of ways for example, reading, puzzles and crosswords or learning something new.

Take a break – taking a break from your everyday routine is invaluable to your mental well-being. It's important to have some time to relax away from the stresses of day-to-day life.

DO: book some time away – whether it's a weekend for two, a shopping weekend with friends or a spa day to recharge.

IN YOUR 60S



Taking an interest in your body becomes more important than ever during your sixties particularly as regular exercise has been proven to lengthen life. Your mental and emotional wellbeing are also equally as important. Adopting preventative habits can help to ward off common ailments associated with ageing as well as making sure you feel healthier, sharper and more energetic for years to come.

BODY

Walk – a recent study found that those who walked for 3 hours a week upped their oxygen intake by 15% over the course of a year. This lowers the risk of disease, strengthens bones, sharpens memory, controls blood sugar and improves joint function.

DO: go to a park or field on your walk. Exercising in a natural setting can improve your attention and memory by over 20%.

Enjoy - the reason many people don't exercise is lack of interest. The best exercise for you at this age is therefore one you enjoy doing so you can keep on doing it not only for fitness but also for personal happiness.

DO: check in with a personal trainer, exercise professional or doctor regularly to find out what exercise suits you personally.

Balance – As we age, we can experience problems with our balance and are more at risk of falls. Some of this is down to inner ear problems but other reasons include weak leg and ankle muscles.

DO: simple back leg raises, side leg raises, knee curls, and toe stand exercises each day to improve strength and balance.

MIND

Mindful meditation – meditation is an increasingly popular way to relax and deal with life changes and through the use of specific breathing techniques and gentle yoga, you can become more aware of your thoughts and better manage overwhelming situations.

DO: join a meditation class as a way to relax and appreciate the simple things in life.

Refresh your skin – as we age most of us accept our wrinkles as signs of a happy and fulfilled life. However, we still want to put our best face forward and a hydrating facial can give an instant mood boost and revitalise the skin.

DO: ask your therapist to recommend a facial which is right for your skin and age.

Massage – regular massage can alleviate the symptoms of many age related ailments and improve the quality of life.

DO: let the therapist know what type of pressure you prefer. It's important a massage is relaxing as well as kneading out those muscle knots.

IN YOUR 70s+



Although life from your 70s might be a time of rest and recuperation after retirement, a healthy and active lifestyle in later life has been proven to increase your life span by up to 6 years. Practising simple, healthy choices will mean that your 70s and beyond are just as rewarding as your younger years.

BODY

Avoid injury – declining muscle density and slowing metabolism means that regular exercise in your 70s is more important than ever. Working your muscles helps to preserve strength, giving you more energy and keeping you healthier and fitter for longer.

DO: talk with your doctor or a qualified trainer about an exercise plan that will prevent muscle stress or injury.

Stand Tall – poor posture can lead to pain in the neck, back, hip and knees. It also affects the ability to breathe correctly.

DO: be more aware of how you stand, walk and sit. Regularly bring your shoulders down away from your ears and draw your shoulders together.

Maintain independence – it's very much a case of if we don't use it, we lose it! As we age it's important to keep using our muscles to maintain strength and minimise illness to remain independent for as long as possible.

DO: keep a diary of your movements, no matter how small. Monitor how this affects your mood and energy levels.

MIND

Meaningful relationships – remaining engaged with your family and community is important at any age but is especially significant in later life. Surrounding yourself with the people you like is a great way to spend the free time you may have acquired since retiring.

DO: join up to local groups, classes, clubs and remain socially engaged.

Make up – as we age skin gets thinner and can become more sensitive to products. Our skin tone also changes so the colours we wore previously might not suit us at this age.

DO: try out new colours paying attention to three core products: lipstick, blusher and mascara. Not only can they take years off your appearance but they can also give a big boost to how you feel.

Hydrate – dry skin is one of the biggest challenges as we age and can cause skin irritations and discomfort. Avoid very hot baths and ensure you are drinking plenty of water.

DO: moisturise the body after every shower/bath and at least once a day to keep skin supple.

QHOTELS HEALTH CLUBS



QHotels has 24 health clubs throughout the UK and they all have **highly skilled fitness instructors** that support members to achieve their health and fitness goals.

The health clubs offer a range of superb facilities for both hotel guests and health club members alike. They offer spa treatment rooms, state-of-the-art gyms, swimming pools, exercise studios plus a spa experience through saunas, experience showers, steam rooms and whirlpools. Members are supported in a variety of ways that is individual to them including fitness reviews and personal programmes.

QHotels health clubs are **accessible and welcoming**, so if it's your first time and you'd like to lose weight, tone up or increase your fitness levels, you won't feel intimidated. And if you're an adrenalin-junkie wanting to achieve a super-toned body, the fully equipped fitness suites will be just what you're looking for.

To arrange a show round of your nearest health club, visit the QHotels website or enquire online.