

PROFILE:

Ken Grenfell

Age: 52



GET ACTIVE
Gold Coast

adults



Ken's Story!

I am a 52 year old bloke who has recently re-awoken to the benefits of being active!

As a sporty and athletic young person, I was motivated by improved physical performance and appearance. I worked on the philosophy of "no pain no gain". However, as time and age progressed I found it difficult to maintain the high level of my sporting ability.

In my late 30's I gave away competitive sports and began to enjoy a pain free existence. I still enjoyed an active lifestyle on weekends (social activities, water skiing, snow skiing and motorcycle riding), but on weekdays lived at a desk by day and a couch by night. My mostly inactive lifestyle began to show on my body as a gut and general sagging. I attempted to arrest this decline through intensive exercise, unfortunately resulting in long term tendonitis.

At the age of 40 I suffered a serious motorcycle injury which required 12 months of recovery. The accident left me unable to do any form of activity during this time. After a lengthy recovery I remained unmotivated to be physically active.

Relying on skills and sheer determination, I tried on many occasions to resume my favourite recreational pursuits, but could no longer perform at the same level as my fitness and core strength had waned. During snow skiing I found my thighs would burn and I could no longer keep up with my group of friends. During water skiing my back would ache and I tore my hamstring twice. I found it would take two days to recover after a weekend of dirt bike riding which would affect my work performance over the next week. The ongoing injury and soreness led me to believe I was too old to be physically active.

At age 50 I felt I was still looking good for my age when I compared myself people of a similar age. However, when compared to my close group of highly active and in great shape mates I knew I could improve.

Get up, get out... get active!



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Ken's Story Cont.

adults



4 months ago a young fitness instructor came to our small country town and offered a 10 week boot camp experience. I decided to take this opportunity to increase my fitness and improve my appearance. My wife and I both joined the group and found it fun and motivating to be active with others. I unfortunately acquired a bruised Achilles tendon so all running activities ceased for me. However, this time I was not going to stop my return to fitness and continued with floor exercises and began cycling. I initially experienced muscle soreness (highlighting my inadequacies) but began to see and feel improvements in my flexibility, endurance and strength as I continued with activity.

A break from work has allowed me to spread my living between country and city and has allowed my wife and I to join a gym. We are engaging in classes like body pump, spin and circuit work. Exercising each day with a partner has boosted my motivation. Initially I found I had to show restraint and exercise well within my limits to prevent further injury, which I have found frustrating. However, I am now finding my ability to be involved in intense and vigorous physical activity is increasing.

It has taken time, but I now seeing a change in my body shape. I have greater flexibility, stamina, core strength, motivation and I am happy. Daily chores like tying shoe laces have become easier. I am picking things up from the floor by squatting and not bending my back and am doing this without making "old man noises". If I am unable to do a "workout", I try to incorporate exercises during daily activities, like doing lunges while walking the dog.

I enjoy family visits to the Gold Coast and am now trying new activities such as stand up paddle boarding at Currumbin. Who says you can't teach an old dog new tricks?

Ken.



(The old dog is the one on 4 legs at the front – I am the young sea dog paddling)

www.getactivegoldcoast.com.au

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