

## Senior Sprint to Health

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This information, backed by scientific studies, was gathered from various sources including a recent article by an expert in anti-aging and sports medicine, Dr Luis Montel, published in the Spanish newspaper El Diario.

Ten seconds of Sprinting ... can be done by seniors, too!

### First, let's list the benefits:

1. *Ignites metabolism*
2. *Produces mitochondria, the "powerhouse of cells," which converts oxygen and nutrients to energy; and supports apoptosis (the necessary breakdown and disposal of old and damaged cells), thus enabling healthy cell turnover.*
3. *Activates the prefrontal cortex responsible for focus and decision-making*
4. *Promotes longevity*

Plus all the other commonly known benefits of

exercise such as promoting positive mood 😊

### How to do it:

Sprinting can be done while walking, jogging, swimming, cycling, or running.

The main point is to exert your maximum force and speed for only 10 seconds. Oh, and DO NOT SPEAK while sprinting! Depending on your level of health, intervals of a 10 second sprint followed by 1 to 4 minutes of rest is repeated 4 to 10 times (sprint, rest, sprint, rest, and so on).

I was asked, "Have you tried it?" The answer is "Yes, I have and I am doing it."

The first time I did 10 repetitions and set a timer for four minutes rest between intervals. After the 10th rep, I felt tired out. I waited two days before trying it again and then did only six repetitions. So that's what I am sticking with for now.

I was asked, "Do you feel differently after the exercise?" The answer is, "Yes, I do. My breathing is more rapid and therefore, I feel the exercise has upped my metabolism." Furthermore, I am motivated to share recipes, exercises and health tips based on my own experiences. So most of my articles stem from this desire to share what I have personally found helpful.

I do the exercise running in place at top speed on an exercise mat, frantically punching my arms forward or above my head. I feel like a crazy person! And this makes me burst out laughing! But it's probably due to the endorphins.

Someone commented "These exercises sound so commercial." My reply, "10 seconds?! how can you not give it a try?"

For those who have experienced cramping after a first try at a new exercise routine, my advice would be to stretch both before and after an exercise, taking care not to overstretch (parentheses overextend). Err on the side of caution, if you feel strong pain while doing any exercise, immediately stop. Also, be sure to drink fluids, and that you are taking in enough calcium, magnesium and potassium. Magnesium relaxes muscles and potassium (sodium, also ) prevents dehydration which will cause cramping. And remember that the first time doing any new exercise routine usually brings on the toughest after effects, because your muscles may never have done such a thing before.

### **Staying motivated**

Like many of you, I'm sure, over the years I have experienced times when my motivation to stay active or exercise wanes. What I have found is that some new idea, a different routine, or input from other people can spark my motivation.

So, here's another video to benefit your health. But please read the listed comments! Most of them will offer you a great deal of motivation to be more active.

[youtu.be/9uHDVASjNeA?si=PXQcetQCKLi0IRZC](https://youtu.be/9uHDVASjNeA?si=PXQcetQCKLi0IRZC)

### **Personal Tips:**

I have learned and been exposed to countless exercises since I was a young nine year old ballet student, continuing on as a dance instructor, preschool teacher and now as a senior trying to stay fit ... so many exercises that I can't even recall some. These days, when I find new exercises that I like, I list them on small note papers, sometimes adding a key word description, and tape the list at eye level on a wall at the best location in the apartment to perform those specific exercises. I even have a list near the lamp at my bedside to remind me if things like propping my feet up for 15 minutes while lying in bed. Perhaps posting such lists might help you, too.