



HEALTH & WELLNESS



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August 7th 2020: Movement is Medicine: Why Exercise is So Important with Advancing Age

The older we get, the more important exercise becomes. Our guest, Dan McFarlane, has performed over 15,000 in-home therapy sessions, primarily with older adults and primarily for patients with "generalized, age-related weakness". From this professional experience, he has learned the necessary exercises that are needed to stay fit, physically mobile, and functioning. In this episode, our guest will share his research and discoveries about physical fitness, why consistency is more essential than intensity, and why mobility is the key to continued functioning in advanced age. We will also discuss

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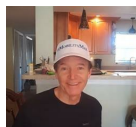
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Featured Guest



Daniel McFarlane

Daniel McFarlane is a Certified Personal Trainer and a Physical Therapists Assistant who does house calls. He has performed over 15,000 in-home therapy sessions, primarily with senior citizens. "Ninety % of my patients were prescribed Physical Therapy because of generalized age related weakness". He realized that as a senior citizen himself, he could not let this happen to him. After years of research and experimentation Dan discovered the essential facts about physical fitness. These discoveries led him to create the Mobility Max 10 Minute Home Exercise System. As he says, "For the past 10 years I exercise only 10 minutes per day and my fitness age is 20-30 years younger than my actual age"

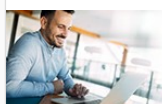
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