



*Join and have your questions answered!*



## “Fitness for people with inhibitors”

with Strength and Conditioning Specialist and Chairperson of the Irish Haemophilia Society Mr John Stack

# HEALTHY AGEING

**With the treatment that we have now, people with haemophilia and inhibitors tend to live longer. From the perspective of fitness, what is important to prepare for healthy ageing?**

**The first thing is – the younger you start, the better!** That applies to everybody, not just PWI. Because there is a lot of learning with the exercise. One thing that we should understand is that exercise is performed when your brain communicates with your muscles. Those are called movement patterns – your brain sends a signal to the muscle and the muscle does something. Sitting down and standing up or putting your hands over your head and down again are movement patterns. The more intuitive those are, the better – and earlier start contributes to developing this intuitiveness.

When we talk about the ageing population, it is good to talk about more than just exercise. We need to start looking at whole of life. Here in Ireland, we have problem of loneliness for the general population. I imagine that somebody with an inhibitor who finds it difficult to leave the house will struggle with loneliness as well. For this reason, exercise should become a social event.

**Exercise should become a social event.**

Once again – **access to swimming pool is ideal**, because you can have a group aqua gym session. It is social and you are getting some fitness, plus it is in the water, so the load is off the joints. It is really helpful especially for impacted joints. And then afterwards you can go for a coffee and chat. It adds to the whole of life. **And then that becomes a frequent activity, a habit, part of your life. This then becomes also a part of our mental wellbeing, which is also extremely important. It is easier if you put the two together.**

