

improves flexibility of the lower back, reducing stiffness and lowering the risk of disc degeneration," he

Naddumba further highlights that walking increases bone density. "As you walk, you are bearing weight

THE MENTAL HEALTH ASPECT
Beyond physical well-being, consistent walking is widely

WALKING DURATION
Brisk walking is among the physical

at Uganda Heart Institute, urges government to construct roads with space for walking.

By Umar Nsubuga

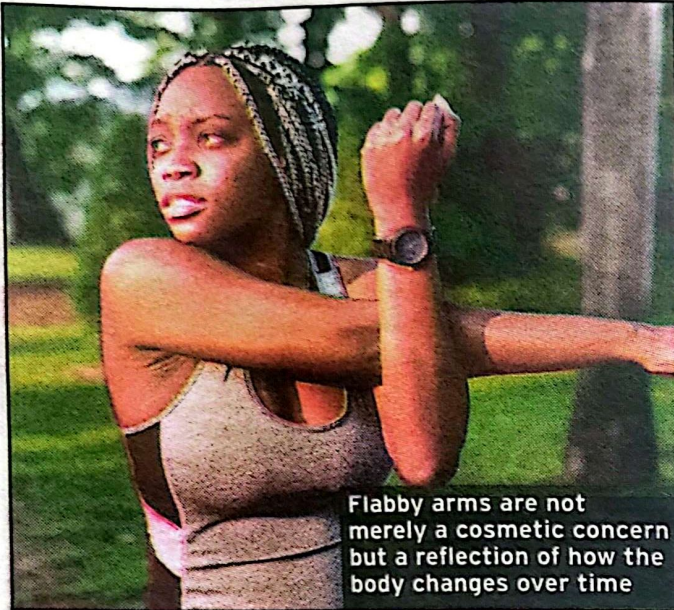
Tone your arms with targeted exercise

When 52-year-old Joyce Nalweyiso steps out of her house in Matugga, Wakiso district, she does so with a confidence she has fought hard to reclaim. At 87kg, she has lived most of her adult life without worrying about her arms, until recently, when she began noticing a soft wobble every time she lifted something or waved at someone.

"It started slowly, I first felt it when carrying water, then I noticed it in photos. My upper arms were not as firm as before," she says.

For years, she assumed that flabby arms only affected people who rarely exercised. But as time went by, she realised that even though she was active in her garden, her body had started changing. Her doctor told her that age, weight fluctuations, and genetics were all combining to affect her arm tone.

Dr Hassan Mayanja, a physician at Mercy Hospital in Mpererwe, explains that



Flabby arms are not merely a cosmetic concern but a reflection of how the body changes over time

flabby arms are not merely a cosmetic concern but a reflection of how the body changes over time.

"As we age, collagen reduces, elasticity drops, and fat redesigns its pattern in

the body, this does not mean someone is unhealthy. But combined with weight gain, it can make the arms appear softer", he explains.

Robert Kagawa, a fitness instructor, explains that the

NUTRITION ROLE

Sharon Naluwende, a nutritionist at Mulago hospital, notes that muscles need the right nutrients to grow, recover, and remain firm.

"People want toned arms but eat very little protein. If your muscles do not get enough building material, exercise results will be minimal," she says.

Naluwende recommends eating beans, peas, lentils, and groundnuts, along with lean meats, chicken, and fish, because they provide essential protein.

She adds that milk, yoghurt, eggs, and vegetables like pumpkin leaves, nakati, and dodo also contribute to strength.

She advises against sugary drinks, deep-fried snacks, and ultra-processed foods because they increase overall body fat, which may deposit around the arms.

upper arms carry some of the body's most important muscles - the triceps, biceps, and muscles around the shoulders. As people grow older, these muscles naturally shrink if they are not actively strengthened.

EXERCISES THAT BUILD STRONG, FIRM ARMS

Kagawa explains that arm

toning requires consistent strength training. For example, push-ups engage the chest, shoulders, and triceps.

Kagawa also advises triceps dips which target the back of the upper arm, where most flabbiness appears. "You can use a chair or bench. The movement tightens the triceps and builds strength quickly."

He says bicep curls, simple

dumbbells or even household items like water bottles can be used.

"Curls strengthen the front part of the upper arm. When paired with triceps exercises, they balance the arm's shape," he says.

For middle-aged adults, Kagawa advises light weightlifting. "You don't need heavy weights, even 1kg to 3kg weights done consistently can transform the arms," he says.

He emphasises that arm-circles and overhead extensions are good for beginners, improving mobility and gently activating the arm muscles. He advises starting slowly, two to three days a week, and then increasing intensity with time.

Kagawa warns that doing too much too fast can cause injuries. "Some people want quick results and strain their joints or muscles, arms need time. Progress happens slowly," he says.