



# STRENGTH & MOBILITY

THE (NOT SO SECRET) FOUNTAIN OF YOUTH

# THE “JOYS” OF AGING ...

As we age, muscle mass begins to decrease.

In fact, beginning in our forties, we can lose 3-5 percent of our total muscle mass with each subsequent decade.

As we lose muscle, we lose our balance and bone strength, too. This means that becoming weaker as we age by losing muscle mass can compromise our independence and make it more difficult to complete everyday tasks.



# KEY BENEFITS OF EXERCISE

- Improve Balance and Stability
- Increase Strength and Flexibility
- Enhance Healing and Function
- Prevent Chronic Conditions and Diseases
- Boost Memory and Brain Health





# PHYSICAL & MENTAL AGE-RELATED DECLINES ARE **NOT** INEVITABLE



You probably know that the risk of serious falls, cognitive declines and health problems such as heart disease, cancer and dementia increase as we age.

What about the “normal” physical declines though – like muscle atrophy, strength loss, fat gain, and joint pain (among others)?

Most people chalk up these declines as a normal a part of aging, assuming that it’s only a matter of time until they are replacing physical activity with sedentary hobbies.



# WE HAVE MORE CONTROL OVER OUR QUALITY OF LIFE, AND OUR PHYSICAL CAPACITIES THAN WE THINK

Almost all of the previously mentioned problems are not because of age but rather due to the disuse of the neuromuscular system – “Use it or lose it”

It has been shown that even negative physical consequences caused by inactivity and poor lifestyle can be offset and quite literally reversed by getting back on track!



# LET'S LOOK AT SOME FACTS

- Strength and muscle mass can begin to dip as early as age 30 – between 3-8% per decade
- By the time an individual hits age 50 the losses may exceed 40% and 15% (respectively) every decade thereafter.

## **On the other end ...**

- In studies examining individuals over 50 it was found that after 17.6 weeks of strength training (on average), the average **increases** in upper and lower body strength were between 49% and 62%
- Bone density increases which reduces the risk of osteoporosis.

There are many similar studies, showing the benefits of other types of exercise such as cardio.

**- A balance of different types of exercise combined with a healthy diet is the most efficient way to improve overall health and even reverse signs of aging! -**



# LET'S MOVE

