



**AGING
STRONG**
— FITNESS —

**STRONGER.
SAFER.
MORE INDEPENDENT.**

“ Fitness
isn't about
looking younger.
It's about
living stronger. ”



AGING STRONG HANDBOOK

A COMPLETE GUIDE TO BUILDING STRENGTH,
IMPROVING MOBILITY, AND MAINTAINING
INDEPENDENCE AT EVERY AGE

With **JESSE LA VALLE**



agingstrongfitness.com



**BUILD
STRENGTH**



**IMPROVE
MOBILITY**



**ENHANCE
BALANCE**



**FUEL YOUR
BODY**



**RECOVER &
RECHARGE**



**LIVE STRONG.
LIVE WELL.**





The Aging Strong Handbook

**A Complete Member Guide to Strength, Mobility, Balance,
Nutrition, Recovery, and Healthy Aging**

By Jesse La Valle
Founder, Aging Strong Fitness

Aging Strong Mission

Helping adults build strength, improve mobility, and maintain independence through every stage of life.

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About the Author: Jesse La Valle

Fitness has been a lifelong passion for me, but over the years I have learned that fitness is about much more than appearance. It is about maintaining the strength, mobility, confidence, and independence needed to fully enjoy life. That belief became the foundation of Aging Strong Fitness.

As a W.I.T.S. Certified Personal Trainer with over 16 years of professional experience, I have worked with adults from many backgrounds and fitness levels. Some are beginners. Some are rebuilding after years away from exercise. Some are managing weight loss, health changes, or age-related concerns. Most share one goal: they want to stay active, capable, and independent for as long as possible.

Why Aging Strong Exists

Much of the fitness industry focuses on extremes: extreme workouts, extreme diets, and extreme expectations. For many adults, especially those over 40, that approach is neither realistic nor sustainable. Aging Strong Fitness was created to offer something different: practical, safe, and consistent training that supports real life.

The goal is not to look younger. The goal is to live stronger. Everything in this handbook supports that mission.

My Coaching Philosophy

The most successful clients are not always the strongest or most motivated. They are the ones who continue showing up. That is why Aging Strong is built on consistency over perfection, progress over comparison, sustainability over extremes, and strength for life.

Coach Jesse Says

Fitness should support your life, not take it over. The best program is the one you can follow not for six weeks, but for six years.



Welcome Letter from Jesse

Welcome to Aging Strong Fitness

First, thank you for being here. Whether you are just beginning your fitness journey, getting back into exercise after time away, or looking for a smarter and more sustainable approach to staying active, I am glad you have decided to take this step.

Aging Strong Fitness is not built around quick fixes, miracle workouts, or unrealistic expectations. It is built around fundamentals that work: strength training, walking, mobility, balance, nutrition, recovery, and consistency.

This handbook gives you a clear foundation. It explains why we train the way we train, how to think about your health, and how to build habits that support you for the long term. Progress looks different for everyone, but the principles remain the same.

You do not have to be perfect. You simply have to keep moving forward, one workout, one walk, and one healthy choice at a time.

Welcome to the Journey

Healthy aging is not about turning back the clock. It is about giving yourself the strength, mobility, and confidence to fully enjoy the years ahead.

Jesse La Valle

Founder, Aging Strong Fitness

Stronger. Safer. More Independent.



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Visual Overview

The Aging Strong system combines strength training, walking, mobility, balance, nutrition, recovery, and consistency. These pillars work together to support long-term strength, independence, and healthy aging.

Pillar	Why It Matters
Strength	Builds muscle, supports bone health, improves daily function, and protects independence.
Walking	Improves conditioning, supports heart health, assists weight management, and improves recovery.
Mobility	Helps reduce stiffness and keeps joints moving through healthy ranges of motion.
Balance	Supports confidence, stability, and fall prevention.
Nutrition	Provides the building blocks for recovery, energy, muscle maintenance, and body composition.
Recovery	Allows the body to adapt, repair, and continue making progress safely.

Aging Strong Principle

The fundamentals are simple. The results come from practicing them consistently over time.



Part I

The Aging Strong Foundation

Inside This Section

This section gives Aging Strong members practical tools to build strength, improve mobility, support recovery, and stay independent.



CHAPTER 1

Welcome to Aging Strong

Aging Strong Focus

Aging Strong is about building a stronger body that supports the life you want to live.

More Than Fitness

Aging Strong Fitness was built for adults who want more out of life than simply getting through the day. This program is not about becoming a bodybuilder, training for a competition, or chasing unrealistic expectations. It is about building a stronger body that supports the life you want to live.

Fitness should help you enjoy your life. It should help you climb stairs, carry groceries, travel, play with family, move with confidence, and remain independent. Those goals require strength, balance, mobility, endurance, nutrition, recovery, and patience.

Why This Approach Is Different

Many fitness programs are designed around appearance, rapid weight loss, and extreme intensity. The Aging Strong approach is different. We focus on strength, balance, mobility, walking, nutrition, recovery, and habits that can be maintained long term.

- Build strength for everyday life
- Improve mobility and movement quality
- Train balance and stability proactively
- Support body composition without crash dieting
- Create routines you can realistically maintain

Coach Jesse Says

I have trained clients in living rooms, basements, garages, kitchens, and over Zoom. The location never mattered. The consistency did.

Your Starting Point

Your starting point is your starting point. Do not compare your current ability to someone else or even to a past version of yourself. Progress begins exactly where you are today. The only requirement is a willingness to start and a willingness to keep returning to the work.

- Start with what you can do
- Build slowly
- Celebrate small wins
- Keep moving forward



What Aging Strong Members Can Expect

Members can expect realistic workouts, clear guidance, and an approach that respects the needs of adults over 40. That means we train hard enough to improve, but smart enough to recover and keep going. The goal is not to be exhausted after every workout. The goal is to become more capable over time.

Quick Win

Choose one fitness habit this week that you can repeat. A walk, a class, a mobility session, or a healthy meal. One repeatable habit is more valuable than a perfect plan you cannot sustain.



CHAPTER 2

The Foundations of Healthy Aging

Aging Strong Focus

Healthy aging is about preserving the abilities that let you live life on your own terms.

What It Means to Age Well

Healthy aging is not about avoiding birthdays. It is about preserving the physical abilities that allow you to live life on your terms. Can you carry groceries, climb stairs, get up from the floor, travel comfortably, and continue enjoying your hobbies? These are the abilities that matter.

Aging well does not happen by accident. It is supported by habits repeated consistently over time. Strength, walking, mobility, balance, nutrition, and recovery work together to protect quality of life.

The Muscle Loss Nobody Talks About

One of the biggest physical changes associated with aging is the gradual loss of muscle mass. This process is often called sarcopenia. Without resistance training and adequate nutrition, muscle loss can reduce strength, balance, metabolism, and independence.

- Reduced strength
- Poorer balance
- Slower movement
- Higher injury risk
- Difficulty with everyday tasks

Aging Strong Tip

Muscle is not just about looks. Muscle supports independence, balance, metabolism, and quality of life.

The Six Pillars of Aging Strong

The Aging Strong system is built around six pillars that work together. None of them need to be extreme. They need to be practiced consistently.

- Strength training
- Walking and cardiovascular fitness
- Mobility and flexibility
- Balance training
- Nutrition
- Recovery



Why These Pillars Work Together

Strength supports daily function. Walking supports the heart and improves conditioning. Mobility allows strength to be expressed through healthy ranges of motion. Balance protects confidence and independence. Nutrition fuels recovery and body composition. Recovery allows the body to adapt. When one pillar is ignored for too long, progress often slows.

The Aging Strong goal is not to chase one perfect method. The goal is to build a complete lifestyle that makes your body more resilient.



CHAPTER 3

Strength Training Fundamentals

Aging Strong Focus

Strength is freedom. The goal is not to lift the most weight. The goal is to remain capable.

Strength Is Freedom

Strength training is one of the most important investments you can make in your future health. For many people, the word strength brings to mind heavy weights, bodybuilding, competitive athletes, or crowded gyms. But at Aging Strong Fitness, strength means something much more practical.

Strength means being able to carry groceries without struggling. Strength means standing up from a chair with confidence. Strength means climbing stairs without fear. Strength means getting off the floor if you need to. Strength means maintaining balance, protecting your joints, supporting your metabolism, and preserving your independence.

The goal is not to become the strongest person in the room. The goal is to remain capable. That is why strength training is one of the core pillars of the Aging Strong system.

Why Strength Training Matters After 40

After the age of 40, the body begins to change in ways many people do not notice right away. Recovery may take longer. Muscle may be harder to maintain. Body fat may be easier to gain. Joint stiffness may become more noticeable. Balance may begin to decline. These changes are common, but they are not a reason to give up. They are the reason strength training becomes even more important.

- Muscle maintenance
- Bone density
- Joint stability
- Balance
- Metabolism
- Posture
- Daily function
- Confidence
- Independence

Coach Jesse Says

You do not wait until your car breaks down to take care of it. Your body deserves the same respect. Strength training is maintenance for your future independence.



Muscle Is More Than Appearance

Many people think of muscle as something related to how the body looks. While building muscle can improve body composition and appearance, that is only a small part of the story. Muscle is functional tissue. It helps you move, stabilize, burn energy, protect your joints, and support healthy aging.

At Aging Strong, we do not train just to change how you look in the mirror. We train so your body works better in real life. A strong body allows you to do more. It gives you options.

The Aging Strong Strength Training Approach

Aging Strong Fitness uses a practical, safe, and sustainable approach to strength training. The system is built around TRX Suspension Training, dumbbells, an optional workout bench, floor based strength work, and controlled bodyweight movement. These tools are simple, but extremely effective.

- Good form
- Controlled movement
- Proper breathing
- Gradual progression
- Joint friendly exercise choices
- Functional strength
- Long term consistency

The Five Essential Movement Patterns

Most strength exercises fit into a few major movement patterns. These patterns show up constantly in everyday life. When we train these movements, we are practicing the physical skills needed for daily living.

Pattern	Everyday Carryover	Aging Strong Examples
Squat	Chairs, stairs, standing up	TRX Squat, Chair Squat, Goblet Squat
Hinge	Bending, lifting, gardening	DB Romanian Deadlift, Glute Bridge
Push	Doors, getting up, bracing	TRX Chest Press, DB Chest Press
Pull	Posture, carrying, shoulder health	TRX Row, DB Row, Rear Delt Fly
Core	Balance, posture, control	Dead Bug, Bird Dog, Plank

Progressive Overload

To become stronger, the body must be challenged over time. This concept is called progressive overload. Progressive overload does not always mean lifting heavier weights. It can also mean better technique, more controlled movement, more repetitions, more sets, slower tempo, greater range of motion, less assistance from the TRX, or a more challenging variation.

Progress should be gradual. There is no rush. The goal is to keep improving while staying safe.



How Hard Should You Train?

Not every workout needs to be brutally hard. A good strength set should usually feel challenging but controlled. You should feel like you are working, but not falling apart. Most sets should end with the feeling that you could still complete one to three more good repetitions if you absolutely had to.

Sets, Reps, and Rest

Strength training can be adjusted based on the goal, but Aging Strong generally uses practical ranges that support strength, muscle maintenance, and conditioning. Beginners often start with 1 to 3 sets of 8 to 12 repetitions. General strength work often uses 2 to 4 sets of 8 to 15 repetitions. Conditioning style workouts may use timed intervals such as 40 seconds of work and 20 seconds of rest.

Common Mistake

Trying to make every workout brutally hard. The goal is not to survive workouts. The goal is to stimulate progress and recover well enough to keep training.

Strength Training and Bone Health

Strength training supports more than muscle. Bones respond to appropriate loading as well. Resistance training and weight bearing exercise can help support bone density, which becomes increasingly important with age. Strong bones and strong muscles work together to protect independence.

Strength Training for GLP-1 Weight Loss Clients

Some clients use GLP-1 medications as part of their weight loss journey. For these clients, strength training becomes especially important. When appetite is reduced, it can be harder to eat enough protein and maintain muscle. Rapid weight loss without resistance training may increase the risk of muscle loss. The Aging Strong approach emphasizes strength training, protein prioritization, walking, hydration, recovery, and sustainable habits.

Strength Training Myths

- Myth: I am too old to start. Truth: people can improve strength well into later life.
- Myth: walking is enough. Truth: walking is excellent, but it does not replace resistance training.
- Myth: soreness means it worked. Truth: progress is the goal, not punishment.
- Myth: I need heavy weights. Truth: you need appropriate resistance and consistency.

Coach Jesse's Top 5 Strength Rules

- Form comes first.
- Train the whole body.
- Progress slowly.
- Respect recovery.
- Train for life.



Sample Aging Strong Strength Session

- Warm up: march in place, shoulder circles, hip hinges, bodyweight squats, light mobility.
- Strength circuit: TRX Squat, TRX Low Row, Dumbbell Chest Press, Dumbbell Romanian Deadlift, Dead Bug, Glute Bridge.
- Cool down: short walk, light mobility, breathing and stretching.



CHAPTER 4

Mobility, Flexibility, and Moving Without Pain

Aging Strong Focus

Mobility gives your strength access to usable movement.

Why Mobility Matters

Mobility is your ability to actively move through a healthy range of motion with control. It helps you reach, bend, squat, twist, and walk with greater ease. Many people assume stiffness is unavoidable with age, but consistent mobility work can make a major difference.

Mobility vs Flexibility

Flexibility is the ability of a muscle to lengthen. Mobility is the ability to actively control movement through a range of motion. Both matter, but mobility has a stronger carryover to daily life because it combines movement, strength, and control.

Common Areas That Need Attention

- Hips
- Shoulders
- Ankles
- Upper and middle back
- Neck and posture muscles

Why Sitting Changes Movement

Many adults spend large portions of the day sitting. Prolonged sitting can contribute to tight hips, reduced glute activation, rounded posture, and stiff shoulders. Mobility work helps offset these patterns by moving joints through ranges they may not use during daily life.

Aging Strong Mobility Habits

You do not need an hour of stretching every day. Five to ten minutes of consistent mobility can improve how you feel and move. Mobility can be done in the morning, before a workout, after a walk, or in the evening while winding down.

- Morning mobility
- Gentle hip and shoulder work
- Thoracic rotations
- Ankle mobility



- Short stretching after workouts

Aging Strong Tip

Do not force painful stretches. Mobility work should improve movement, not create more pain.

Simple Daily Mobility Routine

- Cat-Camel: 8 to 10 slow reps
- Hip Flexor Stretch: 20 to 30 seconds each side
- Shoulder Circles: 10 forward and 10 backward
- Thoracic Rotation: 8 reps each side
- Ankle Rockers: 10 reps each side



CHAPTER 5

Balance, Stability, and Fall Prevention

Aging Strong Focus

Balance is trainable. Confidence is built one safe repetition at a time.



Balance Is Trainable

Most people do not think about balance until they begin losing it. Balance is not fixed. It is a skill that can be practiced and improved. Strength, coordination, joint awareness, vision, and reaction time all contribute.

Why It Matters

Falls can dramatically affect confidence, independence, and quality of life. Balance training is not only for people who already have problems. It is a proactive strategy for healthy aging.

- Better confidence
- Lower fall risk
- Improved walking stability
- Stronger legs and hips
- Greater independence

What Creates Good Balance?

Good balance comes from several systems working together. Strong legs stabilize the body. Vision helps you understand your environment. Joint awareness tells your brain where your body is in space. Reaction time helps you respond quickly. Training can improve all of these systems.



Simple Balance Tools

Always practice balance in a safe environment. Use a wall, countertop, chair, or TRX for support when needed.

- Single leg stand
- Tandem stance
- Heel to toe walk
- Step ups
- TRX assisted balance drills

Coach Jesse Says

The TRX is one of my favorite tools for balance because it lets clients feel supported while still challenging their stability.

Home Safety Checklist

- Keep walkways clear
- Use good lighting
- Remove loose rugs or cords when possible
- Wear supportive shoes
- Avoid rushing when changing direction
- Use rails and support when needed



Part II

Movement for Life

Inside This Section

This section gives Aging Strong members practical tools to build strength, improve mobility, support recovery, and stay independent.



CHAPTER 6

Walking for Fitness, Longevity, and Quality of Life

Aging Strong Focus

Walking is simple, but simple does not mean weak.

The Most Underrated Exercise

Walking is one of the most effective, accessible, and sustainable forms of exercise available. It supports heart health, recovery, weight management, stress reduction, mobility, and overall wellness.

Why Walking Works

Walking increases daily activity without requiring extreme recovery. It pairs perfectly with strength training because it improves conditioning while helping the body recover between workouts.

- Improves cardiovascular health
- Supports calorie expenditure
- Reduces stress
- Improves endurance
- Supports recovery

Walking and Independence

The ability to walk comfortably affects nearly every part of daily life. Shopping, traveling, social activities, hobbies, and family time all become easier when walking feels manageable. Protecting your ability to walk is one of the smartest long term investments you can make.

Beginner Walking Progression

- Week 1: 10 minutes, 5 days per week
- Week 2: 15 minutes, 5 days per week
- Week 3: 20 minutes, 5 days per week
- Week 4: 25 to 30 minutes, 5 days per week

Aging Strong Tip

Do not worry about hitting 10,000 steps right away. Walking more than you currently do is the real win.

Walking Posture Tips



- Stand tall
- Keep shoulders relaxed
- Look ahead
- Swing arms naturally
- Maintain a comfortable pace
- Avoid staring down at your phone



CHAPTER 7

Nutrition Fundamentals for Healthy Aging

Aging Strong Focus

You do not need a perfect diet. You need a sustainable one.

Nutrition Supports the Work

Exercise and nutrition work together. Workouts create the stimulus. Food provides the materials. A sustainable nutrition plan supports energy, recovery, muscle maintenance, body composition, and healthy aging.

The Aging Strong Plate Method

Rather than obsessing over perfection, build repeatable balanced meals. The plate method gives you a simple visual structure that works for weight loss, maintenance, and healthy aging.

- Protein at each meal
- Vegetables or fruit daily
- Quality carbohydrates based on activity and goals
- Healthy fats in moderate portions
- Water throughout the day

Protein Priorities

Protein is especially important for adults over 40, weight loss clients, and clients using GLP-1 medications. It supports muscle maintenance, recovery, and satiety.

- Eggs
- Chicken
- Turkey
- Fish
- Lean beef
- Greek yogurt
- Cottage cheese
- Protein shakes

Common Mistake

Losing weight without protecting muscle. The goal is not simply to become smaller. The goal is to become stronger, healthier, and more capable.



Weight Loss vs Maintenance

For weight loss, the goal is a sustainable calorie deficit while protecting muscle through strength training and protein. For maintenance, the goal is consistency, meal structure, and habits that keep you feeling good without needing to start over every few months.

Eating Out Without Starting Over

- Prioritize protein first
- Choose vegetables or fruit when possible
- Watch liquid calories
- Split large portions or save half
- Enjoy the meal and return to routine next meal

Sample Simple Meal Day

- Breakfast: Greek yogurt with berries and oatmeal
- Lunch: Turkey wrap with fruit
- Dinner: Chicken, vegetables, and sweet potato
- Snack: Protein shake or cottage cheese bowl



CHAPTER 8

Recovery, Sleep, and Why Rest Is Part of the Program

Aging Strong Focus

Recovery is where the body adapts.

Recovery Is Training

Exercise does not make you stronger by itself. Exercise creates the signal. Recovery is where the body adapts. Sleep, hydration, nutrition, stress management, and active recovery all influence progress.

Signs You May Need More Recovery

- Constant fatigue
- Excessive soreness
- Poor sleep
- Decreased motivation
- Lower performance
- Feeling run down

Sleep and Progress

Sleep supports tissue repair, energy, hormone regulation, immune function, mental focus, and workout performance. If sleep is consistently poor, fat loss, strength gains, and recovery often become harder.

Simple Recovery Routine

- Prioritize sleep
- Drink water
- Eat protein
- Walk lightly on recovery days
- Use mobility work to reduce stiffness
- Schedule rest days

Coach Jesse Says

More is not always better. The best plan is the one your body can recover from consistently.

Active Recovery



Active recovery includes light movement that helps you feel better without adding major fatigue. Walking, gentle stretching, light mobility, and easy cycling can all support recovery between workouts.



CHAPTER 9

Building Your Aging Strong Weekly Fitness Plan

Aging Strong Focus

The best plan is not the most complicated. It is the one you actually follow.

The Plan Has to Fit Real Life

The best fitness plan is not the most complicated one. It is the one you can actually follow. A sustainable week includes strength training, walking, mobility, balance, and recovery.

Beginner Weekly Template

- Monday: Strength training
- Tuesday: Walking and mobility
- Wednesday: Strength training
- Thursday: Walking and balance
- Friday: Strength training or mobility
- Saturday: Longer walk or live class
- Sunday: Recovery

When Life Gets Busy

If you miss a workout, do not panic. Return to the next planned session. One missed workout does not ruin progress. Long gaps happen when one missed workout turns into quitting.

Aging Strong Tip

Schedule workouts like appointments. What gets scheduled is far more likely to get done.

How to Adjust the Week

- Low energy week: reduce workout length and focus on technique
- Busy week: keep two short strength sessions and two walks
- Travel week: walk daily and do bodyweight mobility
- Great week: add a longer walk or extra mobility session



CHAPTER 10

Building Your Home Gym and Workout Space

Aging Strong Focus

A simple setup used consistently beats a perfect setup that never gets used.

You Do Not Need a Commercial Gym

Some of the strongest, healthiest, and most consistent people train in simple home environments. At Aging Strong Fitness, the equipment needed to build strength, improve mobility, and support independence is intentionally simple.

The Aging Strong Setup

- TRX Suspension Trainer
- Dumbbells
- Workout bench, optional but recommended
- Floor exercises and an exercise mat

Why TRX Works

The TRX allows the same exercise to become easier or harder based on body position. It provides support for balance, helps train core stability, and can be adapted for nearly every fitness level.

Dumbbells and the Bench

Dumbbells are simple, space efficient, and effective for building full body strength. A bench expands exercise options for chest press, rows, step ups, and seated exercises.

Floor Exercises Matter

Some of the most valuable exercises require no equipment at all. Glute bridges, bird dogs, dead bugs, planks, and mobility drills improve core control, coordination, and body awareness.

Aging Strong Tip

Keep your equipment visible and easy to access. People use equipment they see. People ignore equipment stored in closets.

Starter, Recommended, and Optional Setup

Level	Equipment
Essential	TRX Suspension Trainer, adjustable dumbbells, exercise mat



Recommended	Workout bench, resistance bands, stability ball
Optional	Foam roller, walking treadmill, heart rate monitor



Part III

Long Term Success

Inside This Section

This section gives Aging Strong members practical tools to build strength, improve mobility, support recovery, and stay independent.



CHAPTER 11

Goal Setting, Motivation, and Staying Consistent

Aging Strong Focus

Motivation gets you started. Systems keep you going.

The Real Secret

Long term success rarely belongs to the most motivated person. It belongs to the person who keeps showing up. Motivation comes and goes. Habits, routines, and systems keep you moving forward when motivation is low.

Process Goals Beat Outcome Goals

Outcome goals matter, but process goals drive results. You may want to lose weight, improve blood pressure, or build muscle. Those are outcomes. The actions you repeat create those outcomes.

- Walk 5 days per week
- Attend 3 workouts per week
- Eat protein with most meals
- Drink water daily
- Do 5 minutes of mobility

Never Miss Twice

Missing a workout is normal. Having an off meal is normal. The key is not allowing one missed action to become a missed month. Return to the next healthy choice quickly.

Coach Jesse Says

A 15 minute workout on a busy day is still a win. Reduce the goal when needed, but do not abandon the habit.

Identity Based Habits

Instead of saying, I am trying to exercise, begin thinking, I am someone who trains to stay strong. This shift matters. The strongest habits often come from identity, not pressure.



CHAPTER 12

Overcoming Common Obstacles and Staying on Track

Aging Strong Focus

The goal is not to avoid obstacles. The goal is to keep moving despite them.

Life Happens

Travel, illness, holidays, family responsibilities, work stress, and busy weeks are all part of life. The goal is not to avoid obstacles. The goal is to learn how to continue despite them.

Adapting Instead of Quitting

- No time: do 10 to 20 minutes
- Traveling: walk and do mobility
- Illness: prioritize rest and hydration
- Minor injury: modify and train around it when appropriate
- Holiday meal: enjoy it, then return to routine

The Scale Is Not the Whole Story

The scale can be useful, but it does not measure strength, mobility, energy, balance, confidence, or consistency. Those victories matter.

Common Mistake

Waiting for the perfect Monday to restart. You do not need a new week. You need your next good decision.

The Two-Minute Reset

When you feel completely off track, choose one simple action: fill your water bottle, take a short walk, stretch for two minutes, or plan your next meal. Small resets break the cycle of quitting.



CHAPTER 13

Training Through Your 40s, 50s, 60s, 70s, and Beyond

Aging Strong Focus

It is not about your age. It is about your habits.

Fitness Evolves

Healthy aging does not look the same in every decade. Your priorities may change, but the fundamentals remain: strength, mobility, balance, walking, nutrition, and recovery.

Your 40s and 50s

These decades are ideal for building consistency, preserving muscle, improving nutrition, and establishing routines that support the future. Recovery may begin to matter more, but progress is still very possible.

Your 60s, 70s, and Beyond

Training becomes increasingly focused on function, balance, independence, and quality of life. The goal is not setting records. The goal is staying capable and confident.

- Chair transfers
- Stair confidence
- Walking ability
- Balance and fall prevention
- Maintaining daily function

Arlene as an Example

At 87, Arlene is not training for a competition. She is training for life. Her sessions focus on balance, strength, stability, mobility, and confidence. That is exactly what Aging Strong means.



CHAPTER 14

Real World Aging Strong Success Stories

Aging Strong Focus

The most meaningful victories are often the quiet ones.



What Success Really Looks Like

Fitness success is not always a dramatic before and after photo. Sometimes success means stairs feel easier, balance improves, confidence returns, or daily life feels more manageable.



Arlene training with Aging Strong Fitness.

Arlene's Story

One of the best examples of the Aging Strong philosophy is Arlene. Her goals are meaningful: maintaining independence, improving balance, staying active, and moving confidently. Every session is an investment in quality of life.

Her progress reminds us that age does not erase the ability to improve. It changes what strength means. At Aging Strong, strength is not only weight on a dumbbell. It is confidence, stability, mobility, and the ability to keep living life on your own terms.



Strength and balance can be trained at every stage of life.

Other Aging Strong Wins

A busy professional may succeed by creating a realistic routine. A returning beginner may succeed by rebuilding confidence. A weight loss client may succeed by preserving muscle while improving body composition. A retiree may succeed by using new time to invest in health.

Coach Jesse Says

The most meaningful victories are often the quiet ones: getting up easier, moving better, feeling safer, and trusting your body again.



CHAPTER 15

The Aging Strong Lifestyle

Aging Strong Focus

Fitness is not about looking younger. It is about living stronger.

Fitness Is Not a Program

Fitness is not a temporary challenge. It is not a short term phase. Fitness is a lifestyle built from habits that support you for years. The Aging Strong system was designed to help you build those habits sustainably.

Strength Is Freedom

Strength allows you to travel, garden, lift, walk, carry, play, recover, and remain independent. The stronger and more capable you become, the more options you preserve.

Final Message from Jesse

Years from now, you may not remember exactly how much weight you lifted or how many workouts you completed. But you will remember how you felt. You will remember being able to travel, play with family, carry groceries, walk comfortably, and continue doing the things that matter most.

That is what Aging Strong Fitness is about. Not looking younger. Living stronger.

The Aging Strong Promise

No gimmicks. No crash diets. No unrealistic expectations. Just proven principles that support strength, mobility, balance, nutrition, recovery, and independence.



Part IV

Aging Strong Exercise Library

Inside This Section

This section gives Aging Strong members practical tools to build strength, improve mobility, support recovery, and stay independent.



How to Use This Exercise Library

This library contains the core movements used in the Aging Strong Fitness system. These exercises are designed to build strength, improve mobility, and support long-term independence.

- ✓ Focus on quality over quantity.
- ✓ Use a pain-free range of motion.
- ✓ Move with control.
- ✓ Progress gradually.
- ✓ Modify when needed.



AGING STRONG
— FITNESS —

TRX Squat



Primary Focus	Lower body strength (legs, glutes, hips)
Equipment	TRX Suspension Trainer
Coaching Cues	• Hold the handles with arms extended. • Sit hips back and down as if into a chair. • Keep chest lifted and core engaged. • Knees track over toes. • Push through heels to stand.
Progression	Move feet farther forward to increase resistance.



TRX Low Row



Primary Muscles	Upper back, lats, biceps
Benefits	Improves posture, strengthens pulling muscles, supports shoulder health.
How To Perform	Lean back while holding the handles, keep the body straight, pull chest toward the handles, then lower slowly.
Common Mistake	Avoid shrugging the shoulders or using momentum.
Modification	Stand more upright to decrease difficulty.

TRX Chest Press



Primary Muscles	Chest, shoulders, triceps
Benefits	Builds pushing strength and core stability.
How To Perform	Face away from the anchor point, hold handles at chest level, lean forward, lower with control, and press back to start.
Common Mistake	Avoid flaring elbows too wide or dropping the hips.
Modification	Stand more upright.



AGING STRONG EXERCISE LIBRARY

TRX Reverse Lunge



Primary Muscles

Glutes, quads, core

Benefits

Improves lower body strength, balance, and coordination.

How To Perform

Hold the handles, step one foot back, lower under control, then push through the front foot to stand.

Common Mistake

Avoid leaning forward or taking too short a step.

Modification

Reduce depth and use more handle support.

Goblet Squat



Primary Muscles

Quads, glutes, core

Benefits

Builds full body strength and supports everyday sitting and standing.

How To Perform

Hold a dumbbell at chest height, squat with control, keep chest tall, and stand strong.

Common Mistake

Avoid rounding the back or rising onto the toes.

Modification

Squat to a chair or box.



AGING STRONG EXERCISE LIBRARY

Stiff Leg Deadlift



Primary Muscles	Hamstrings, glutes, lower back.
Benefits	Builds posterior chain strength and improves hip hinging.
How To Perform	Hold dumbbells with a soft bend in the knees, hinge at the hips, lower the weights along the legs, feel the hamstrings stretch, then stand tall.
Common Mistake	Avoid rounding the back or bending the knees too much.
Modification	Use light weights and a shorter range of motion.

Dumbbell Row



Primary Muscles	Upper back, lats, biceps
Benefits	Improves posture and pulling strength.
How To Perform	Support one hand on a bench, pull dumbbell toward hip, squeeze shoulder blade, lower slowly.
Common Mistake	Avoid twisting the body or yanking the weight.
Modification	Use a lighter dumbbell or higher support.



AGING STRONG EXERCISE LIBRARY

Dumbbell Chest Press



Primary Muscles:	Chest, shoulders, triceps
Benefits:	Builds upper body pushing strength.
How To Perform:	Lie on bench or floor, press weights upward, lower with control.
Common Mistake:	Avoid bouncing or locking elbows aggressively.
Modification:	Use floor press or lighter weights.

Dumbbell Shoulder Press



Primary Muscles:	Shoulders, triceps
Benefits:	Improves overhead strength and shoulder function.
How To Perform:	Hold dumbbells at shoulders, press overhead under control, lower slowly.
Common Mistake:	Avoid arching the back or shrugging.
Modification:	Perform seated or use one arm at a time.



AGING STRONG EXERCISE LIBRARY

Glute Bridge

**Primary Muscles:**

Glutes, hamstrings, core

Benefits:

Improves hip strength and lower back support.

How To Perform:

Lie on back with knees bent, lift hips, squeeze glutes, lower slowly.

Common Mistake:

Avoid over-arching the lower back.

Modification:

Reduce range of motion.

Bird Dog

**Primary Muscles:**

Core, back stabilizers

Benefits:

Improves stability, balance, and coordination.

How To Perform:

Begin on hands and knees, extend opposite arm and leg, pause, return, alternate sides.

Common Mistake:

Avoid rotating hips or lifting too high.

Modification:

Extend only the leg or only the arm.



AGING STRONG EXERCISE LIBRARY

Bent Knee V-Up



Primary Muscles:	Core, abdominals, hip flexors.
Benefits:	Builds core strength and coordination.
How To Perform:	Lie on your back with knees bent, curl your upper body up while drawing the knees toward the chest, pause briefly, then lower with control.
Common Mistake:	Avoid pulling on the neck or using momentum.
Modification:	Keep the range shorter or place hands lightly by the sides for support.

Front Plank



Primary Muscles:	Core, shoulders
Benefits:	Builds core endurance and posture.
How To Perform:	Hold a straight body position from forearms and toes or knees, brace gently, breathe.
Common Mistake:	Avoid sagging hips or holding breath.
Modification:	Perform from knees or on an incline.



AGING STRONG EXERCISE LIBRARY

Side Plank



Primary Muscles:	Obliques, core
Benefits:	Builds lateral stability and supports balance.
How To Perform:	Lie on side, lift hips, hold steady, breathe.
Common Mistake:	Avoid rolling forward or backward.
Modification:	Perform with knees bent.

Calf Raise



Primary Muscles:	Calves, ankles
Benefits:	Supports walking, ankle strength, and balance.
How To Perform:	Stand tall, rise onto toes, pause, lower slowly.
Common Mistake:	Avoid bouncing.
Modification:	Hold a chair or wall for balance.



Part V

Aging Strong Member Programs

Inside This Section

This section gives Aging Strong members practical tools to build strength, improve mobility, support recovery, and stay independent.



How to Use These Programs

These sample programs help members translate the handbook into action. They are not medical prescriptions. Adjust based on ability, schedule, recovery, and coaching guidance.

Beginner Foundation Program

Perfect For: New exercisers, returning after time away, building confidence

- Monday: Strength Workout A
- Tuesday: 20 minute walk
- Wednesday: Mobility session
- Thursday: Strength Workout B
- Friday: 20 minute walk
- Saturday: Optional walk or stretching
- Sunday: Recovery

Program Goal

Build consistency and confidence.

Weight Loss and Conditioning Program

Perfect For: Fat loss, improved conditioning, higher daily activity

- Monday: Strength workout
- Tuesday: 30 minute walk
- Wednesday: Strength workout
- Thursday: 30 minute walk
- Friday: Strength workout
- Saturday: Long walk
- Sunday: Recovery

Program Goal

Maintain muscle while reducing body fat.

Busy Professional Program

Perfect For: Full time workers, parents, limited schedules

- Monday: 30 minute strength workout



- Wednesday: 30 minute strength workout
- Friday: 30 minute strength workout
- Daily: 10 to 20 minute walk when possible

Program Goal

Maximum consistency with minimal time waste.

Active Retirement Program

Perfect For: Retirees, adults 60 plus, general health and longevity

- Monday: Strength
- Tuesday: Walking
- Wednesday: Mobility
- Thursday: Strength
- Friday: Walking
- Saturday: Mobility
- Sunday: Recovery

Program Goal

Maintain independence and quality of life.

Aging Strong Longevity Program

Perfect For: Long term members, maintenance phase, lifelong fitness

- 3 strength sessions per week
- 3 walking sessions per week
- 2 mobility sessions per week
- 1 recovery day per week

Program Goal

Sustainable fitness for life.



Appendices

Tools, Worksheets, and Reference Guides

Inside This Section

This section gives Aging Strong members practical tools to build strength, improve mobility, support recovery, and stay independent.



Appendix A: 30 Day Beginner Walking Program

Week	Goal	Focus
1	10 minutes, 5 days per week	Build the habit
2	15 minutes, 5 days per week	Increase time
3	20 minutes, 5 days per week	Build endurance
4	25 to 30 minutes, 5 days per week	Establish the lifestyle

Walk at a comfortable pace. Focus on posture, breathing, and consistency. If needed, repeat a week before progressing.

Appendix B: Protein Guide and Portion Sizes

- Protein: one palm sized portion
- Vegetables: two fists
- Carbohydrates: one cupped hand
- Healthy fats: one thumb sized portion

Protein Sources

- Eggs
- Chicken
- Turkey
- Lean beef
- Fish
- Shrimp
- Greek yogurt
- Cottage cheese
- Protein shakes
- Beans and legumes

Appendix C: Home Gym Equipment Guide

- Essential: TRX Suspension Trainer, dumbbells, exercise mat
- Recommended: workout bench, resistance bands, stability ball
- Optional: foam roller, walking treadmill, heart rate monitor



Appendix D: Weekly Fitness Planner

Day	Workout or Walk	Completed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Appendix E: Goal Setting Worksheet

My primary goal

Why this goal matters

Three actions I will take this week

Potential obstacles

Appendix F: Aging Strong Habit Tracker

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Strength Workout							
Walking							
Mobility							
Protein Goal							
Water Goal							
Sleep Goal							



Congratulations

You have completed the Aging Strong Handbook. Keep moving, keep growing, and keep aging strong.

Aging Strong Fitness

<https://agingstrongfitness.com/> | (609) 424-4681

Stronger. Safer. More Independent.