GAMA SPORTS TRAINING

STRENGTH IS MEDICINE NEWSLETTER · NOVEMBER 2026

ADULT STRENGTH GROUP TRAINING

NEW YEAR, NEW GOALS.

Most people wait for January 1st to start. Here's my pitch: **start now.**

If you set a strength goal this week, you walk into 2027 with eight weeks of training already behind you — stronger, moving better, and with the habit locked in while everyone else is just buying gym shoes.

WHY STRENGTH MATTERS

THE FACTS: STRENGTH IS MEDICINE.

Lifting isn't just about how you look. It's one of the best things you can do for your long-term health:

3-8%
of muscle lost every decade after age 30 if you don't train it

10-17%
lower risk of early death, heart disease, cancer & diabetes

30-60 MIN
a week of strength work is where the biggest benefit shows up

1 IN 4
adults 65+ fall each year. Strong legs and balance fight back.

Sources: British Journal of Sports Medicine meta-analysis (2022); CDC; Harvard Health

THE PAYOFF

GET STRONG. THE DEFINITION FOLLOWS.

Everybody wants to look "toned." Toned is just muscle you can see. Chase the strength — more weight on the bar, cleaner reps, better movement — and the definition shows up as a side effect. Not the other way around.

COACH JOE'S TIPS

START YOUR 2027 GOAL TODAY.

1. **Set one measurable strength goal — and test it.**
   Not "get in shape." Pick a number: a goblet squat weight, a deadlift, push-up reps, a dead-hang time. Test it now, write it down, and retest in 6-8 weeks.

2. **Train 2-3x a week with progressive overload.**
   Consistency beats intensity. Add a little each week — a few pounds, one more rep, one more set — and let it stack up.

3. **Prioritize the big lifts: squat, hinge, push, pull.**
   These patterns build the most strength for your time and carry straight over to everyday life — stairs, lifting kids and groceries, staying steady on your feet.

ADULT STRENGTH GROUP TRAINING

COACHED. STRUCTURED. BUILT FOR ADULTS.

Our Adult Strength Group Training is built around exactly what you just read: the big lifts, progressive overload, and real coaching on every rep. Every session is scaled to where you are today, whether you're brand new to lifting or getting back into it.

You bring the goal. We'll bring the plan, the coaching, and the accountability.

BOOK A FREE INTRO CLASS

REFER A FRIEND

BETTER WITH A TRAINING PARTNER.

Know someone who keeps saying "I need to start lifting"? Bring them in. Training with a friend is one of the easiest ways to stay consistent — for both of you.

Refer a friend, and when they join, you get a free session.

Just have them mention your name when they book their intro class.

READY?

COMMENT "STRONG" OR DM US TO GET ON THE LIST.

1. **Comment STRONG or DM us**
   On any of our posts — or just reply STRONG to this email.

2. **Call 412.328.8988**
   Talk to us directly about your goals and the schedule.

3. **Book a free intro class**
   Come see a session at 2400 Sheena Dr in Plum.
   gama-sportstraining.com

BOOK A FREE INTRO CLASS

Don't wait for January. Pick your goal, test it, and let's get to work.

— Coach Joe Fischetti, CSCS
Strength Coach, GAMA Sports Training

2400 Sheena Dr · Pittsburgh, PA **412.328.8988** **gama-sportstraining.com**

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