

Body By Berle Philosophy

It's All About Muscle

As humans age, we lose muscle mass. The average person loses one-half a pound per year. This condition begins at age 20 and by 50 someone may have lost as many as 15 pounds of lean muscle. That loss could result in a variety of health problems, including obesity, osteoporosis, diabetes and chronic back pain, among others.

Walking, jogging and cycling earn the body almost no muscle-building benefit. In fact, if those activities are done in excess, they actually can waste muscle mass. To initiate a lasting change to your body, you must rebuild lost muscle by lifting weights. However, simply lifting weights isn't enough. For true muscle-mass gain to occur, weightlifting must be intense enough to stimulate a marked change in your body. **Body By Berle's** approach builds muscle more quickly, and it is safer and more efficient than any other exercise method. By building more muscle with high-intensity exercise, our clients experience marked improvements in the following areas:

- **Body Fat**
- **Strength**
- **Cardiovascular Efficiency**
- **HDL (good cholesterol)**
- **Resistance to Injury**
- **Immune System**
- **Metabolism**
- **Bone Density**
- **Glucose Tolerance**
- **Blood Pressure**