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