

Senior Fitness

More Muscles Lead to Longer Life



I am an overweight senior. I was finding it difficult to walk for long, climb stairs, and get out of chairs. I decided that things would only get worse if I didn't act. I decided to go to Body By Berle, while doubting my ability to do much. This was the best decision I ever made! I have been shocked at my improvement after only 4 sessions! I feel solid on my legs for the first time in ages, and am finding all mobility 100% improved!! It is hard work but the results are phenomenal - making it all worth it. The environment is private and lovely and the personal attention the best. With each session only a half an hour twice a week I can't say I don't have time! I am in this for the long haul! I'll post back in a few months! • **June S**



June S.

a week ago

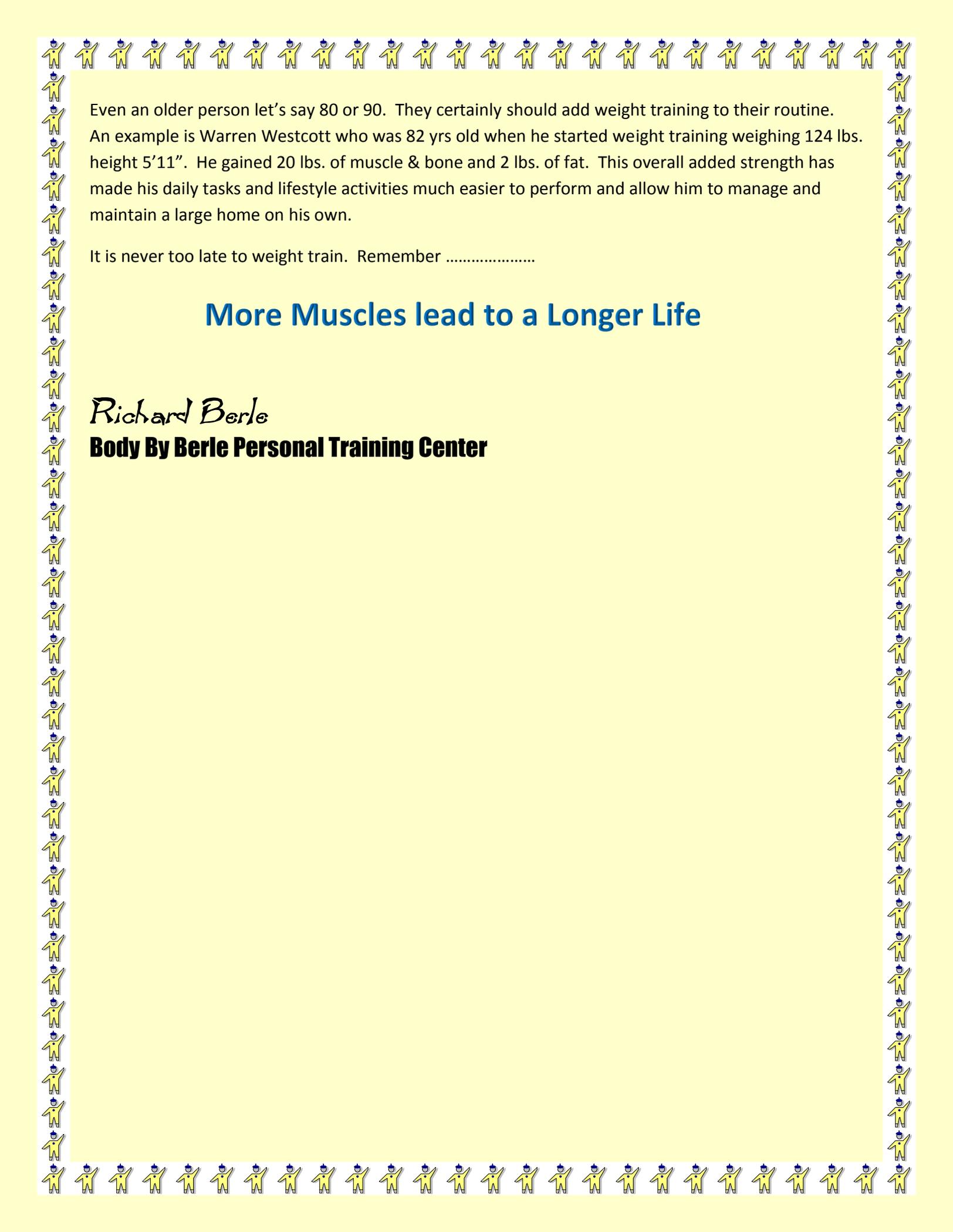
Well, it's been four months since I initially posted about my training experiences at Body By Berle! I can tell you that these past months have been nothing short of life changing! When I started, I felt like I was standing at the edge of a cliff looking down at what lay ahead for me if I didn't do something – fast! Today, I have totally backed away from that cliff! As a senior, that is beyond amazing! I feel like I am turning back the clock and I didn't believe that was even possible. Stay tuned!

Inspired by a client's recent Google reviews – I felt compelled to write an article for the benefit of seniors.

Weight training may be the most important kind of exercise for older adults. People lose muscle mass and function relating to the energy centers (mitochondria) in body cells. A scientist group led by Simon Melov found that 6 months of weight training improved the function of these mitochondria. His study showed that weight training helping turn back the clock and revert to the strength level of young adults. Weight training is an important type of exercise for older people because it prevents losses in muscle mass (Sarcopenia), bone (Osteoporosis) and improves strength, power, balance and cellular health.

Another study from the US national Health & Nutrition Examination Survey (1988-1994) used participants 55 and older to determine their muscle mass index (ratio of muscle to height). A follow up survey in 2004 determined the # of participants who died of natural causes and how muscle mass was related to death risk. The results showed that people who had higher levels of muscle mass were significantly less likely to have died than those with less muscle mass.

We are all getting older - but it is important to realize that chronological age and functional age can be very different. A 40 yr. old could function like a 20 yr. old and other 40 yr. olds may function like 60 yr. olds, depending on their level of fitness.



Even an older person let's say 80 or 90. They certainly should add weight training to their routine. An example is Warren Westcott who was 82 yrs old when he started weight training weighing 124 lbs. height 5'11". He gained 20 lbs. of muscle & bone and 2 lbs. of fat. This overall added strength has made his daily tasks and lifestyle activities much easier to perform and allow him to manage and maintain a large home on his own.

It is never too late to weight train. Remember

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Richard Berle

Body By Berle Personal Training Center