

# The Value of Strength Training for Seniors

Retaining muscle is so important as we age. It is the key to quality of life.

I wanted to tell you about the impact of discontinuing quality strength training.

Three years ago, Queens College performed a study of older individuals, age 65 and over. The study was conducted under the direction of a PhD in exercise physiology. Several Body By Berle clients volunteered for the study. A follow-up study is now underway.

Like many clients, one client, a 69 year old woman who participated in the study, discontinued her workouts at Body By Berle at the beginning of the Covid-19 pandemic. When she decided to resume exercising, she opted to train herself in a traditional gym

The results of the follow-up of the Queens College study were staggering: she lost a significant amount of strength and power. Even though she trained herself, she could not possibly achieve the same results achieved at Body By Berle, with a trainer pushing her to failure.

She has returned to Body By Berle. While the weights she used to use at Body By Berle had to be substantially reduced, slowly the weights are being increased. She is experiencing increased functionality and quality of life.

We welcome your return as well. Let us help you increase your strength and power and improve your quality of life. We look forward to hearing from you.

**R Berle**

Body By Berle Personal Training

61-18 190<sup>th</sup> St. Ste. 223

Fresh Meadows, NY 11365

## Another BBB client wrote a review how she no longer needs a cane:

I am 86 years old and very enthusiastic about the Berle program. The Fresh Meadows location is convenient and the gym itself pleasant. For those concerned about health, there are never more than a couple of customers at one time. The two trainers that I have worked with, Jeff and Daryl, are knowledgeable and encouraging. The degree of difficulty is individually tailored to your ability. No, it's not a "fun" workout, but it builds strength and endurance on legs, shoulders, arms, back etc. I came in with a cane, but need it no longer. Especially as I age, I do not want to become another weak, frail person!

Roslyn S.

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