

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+



Exercise, if not now, when?

Editors Note

Every week on TV and in our newspapers and magazines there is another report about the effectiveness of exercise in protecting us from chronic health problems such as stress, obesity, heart disease, cancer, dementia, osteoporosis, depression, fibromyalgia, diabetes and arthritis. In fact, from the research, it is safe to say that exercise is the single most effective “pill” we can take to lead healthier, longer, more active and productive lives.

Research also indicates that the amount of exercise we engage in does not have to be excessively strenuous or time consuming. The secret to the effectiveness of exercise can be summed up in one word, **CONSISTENCY**.

This supplemental edition will examine the benefits of exercise and what you need to do to take advantage of its “anti-aging” properties.

For additional information on exercise and a variety of fitness, health and wellness topics please visit, www.forever-active.com.

Too Little Muscle, Too Much Fat

As we age we lose muscle mass. After age 40 we lose approximately 6.6 pounds of muscle mass each decade. This not only affects our physical appearance but our functional performance and quality of life. Our strength, endurance, flexibility, balance and coordination are all affected by a loss of muscle mass. As well, muscle is an active calorie burning tissue and its loss contributes to a decrease in meta-

bolic rate and this along with a lack of activity plays a major role in fat gain.

The Research

Research clearly demonstrates that regular strength training can prevent or replace muscle loss. In one study of 50 to 80 year olds, just 30 minutes of strength training 3x / week for 3 months resulted in an increase of 3 pounds of lean muscle weight and a loss of 4

pounds of fat weight even though they were eating 250 more calories/day during the study. This type of study has been replicated time and time again.

Resistive strength training increases the number of calories used each day, increases your resting metabolic rate 7 to 8 % and makes stronger muscles that allow you to perform physical activities with less effort.

DID YOU KNOW

15 Benefits of Exercise

(Cardio-vascular, strength, flexibility and balance exercises)

1. Better body composition—less fat and more muscle.
2. Increase resting metabolic rate - by 7% and up to 15% greater daily caloric requirements after 3 months of regular exercise.
3. Decrease low-back pain— a stronger core (abdominals, hips and lower back muscles) prevents lower back degeneration and pain.
4. Reduced arthritic pain— increased mobility, reduced fat and stronger muscles around arthritic joints have protective effects.
5. Increased bone mineral density— bones increase mineralization when physically stressed to prevent osteoporosis.
6. Reduced risk of Type 2 diabetes—exercise enhances the utilization of blood glucose.
7. Reduced risk of colon cancer—exercise promotes faster gastrointestinal transit.
8. Reduction of resting blood pressure—this puts less stress on your heart.
9. Better blood lipid profiles—lower levels of LDL cholesterol (bad cholesterol) and higher levels of HDL (good cholesterol).
10. Enhanced self-confidence and self-image — You look better, feel better and this gives you a sense of well-being and confidence.
11. Improved stress management - helps prevent and manage depression.
12. Prevent the early onset of dementia - cognitive function is maintained longer.
13. Reduced risk of cardiovascular disease— reduced risk of heart attack and stroke.
14. Reduced risk of falls—due to stronger muscles and improved neuromuscular coordination and reaction time.
15. Improved Quality of Life— you are healthier and more functionally active for activities of daily living.

Go to the following link for a great article on fitness in your 40”s preventing chronic illness in your 80”s. <http://abcnews.go.com/blogs/health/2012/08/27/secret-to-active-80s-fitness-heavy-40s/>

Compliance and Consistency

Compliance/consistency is the key to attaining all the health benefits from exercise and is the biggest challenge that everyone must deal with. Whether you are young or old, advanced or a beginner, committing your self to exercising regularly requires motivation, dedication and prioritization. **I tell my clients it is not what you have done today that is important, it is what you have accomplished over the last few weeks or months that determines the results and benefits you will experience.** You must identify what is it that you want to accomplish. What is your motivation; weight control, increased flexibility, improvement in performing activities of daily living? Regardless of what it is write it down and post it so you see it daily. Everyone is motivated when they first start an exercise program but after 2– 3 weeks it starts to become a bit of a grind. Exercise has not become an ingrained habit in your daily life yet. Therefore, you must continuously reinforce to yourself why you want to exercise and the benefits you will get each time you do exercise. This is the true benefit of having a personal trainer. Not only will he or she develop a personalized exercise program for you he will keep you motivated and accountable so that you will continually achieve your goals. That, in my opinion is our true value. Most people need this external support, especially when they are first beginning, when they are trying to make exercise a significant and vital part of their lives.



5 key Motivational Tips to be Successful

1. **Be Realistic**– the number one reason people stop exercising is that they initially put unrealistic expectations on themselves. It is imperative that you set realistic goals. Time is on your side so be patient and progress slowly and steady.
2. **Keep Track of Your Progress**–it is such a powerful reinforcement to see incremental improvements in your time, sets, reps and weights lifted.
3. **Don't Expect Perfection**–“all-or-nothing” mentality does not work and in fact is harmful in achieving your goals. Follow the 80-20 rule. Accept the fact that there will be days when “life” prevents you from exercising. Accept it, forget it and make your next scheduled exercise session. **DON'T** try to make up for a missed session. That just adds more stress. Remember—no one session will make or break you from attaining your goals.
4. **Don't Compare Yourself to Others**– Focus only on your goals and the program you are following to attain them.
5. **Have Fun**–Find a personal trainer, an exercise program, a groups session, an activity that you enjoy. Find someone or somebody that appeals to you. Your exercise time is **YOUR** time so enjoy it and enjoy the great endorphin high you get after each session. It becomes addictive.

Summary– 80 % of your success is showing up. Exercising is easy once you have showed up. Not every session will a grand slam event but cumulatively over time you will be so far a head of those that don't exercise regularly. You will feel and see the difference regular exercise can make.

“Success is in the Doing”

September Special

Free Fitness Assessment and Free first 2 Exercise Sessions
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