

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

SENIORS ENHANCE LIFE THROUGH EXERCISE

I find it necessary to explain to readers the reason why I have opened our doors to senior citizens. I want to make it clear that the main objective of my staff and I is to enhance the lives of senior citizens by helping them become active in a safe, beneficial and fun exercise program. Did you know that a 65 year old who is in training can have a greater physical work capacity than a sedentary 35 year old? Studies have shown that all age associated declines, such as loss of bone mass, muscle loss, decreased flexibility, and so on, can be delayed and even reversed by a regular exercise program. Too many people think that it is futile to begin an exercise program when they are well into their 50's, 70's or even 90's. The truth is however, that exercise keeps you young. It slows down the aging process, keeps you strong, flexible and healthy. You can start at any age to offset the ravages of time and faulty lifestyles.

Studies have shown that non-exercising Americans lose at least 30 to 40% of their strength and 10 to 12 % of their muscle mass by age 65. It has been determined that by age 75 more than one quarter of American men and two thirds of American women can't lift objects heavier than ten pounds. Weak muscles make simple chores such as carrying groceries, hauling trash, crossing the street, and playing with grandchildren difficult. The risk of injury in the elderly is also associated with muscle weakness. Researchers believe that weight training makes muscles better able to handle stress placed on joint surfaces. Weight bearing resistance training makes bones stronger by increasing their density. It also helps in reversing muscle loss as a result of a sedentary lifestyle that makes you look and feel old, and it also helps you reduce the risk of the thinning bones of osteoporosis. Increases in mass and size of remaining muscle cells can compensate for ones lost. Subjects as old as 90 years experience significant increases in muscle size and strength in as little as eight weeks.

Also, as people become inactive, not only do they lose muscle and become weaker, but they develop a sluggish metabolic rate and put on inches of fat even if they don't eat more. As muscle mass decreases and the percentage of body fat increases, one slowly becomes heavier. Aside from the obvious repercussions of gaining fat, such as looking plump and feeling sluggish, the loss of muscle tissue and increase of fat is linked to increased risk of diabetes, high blood pressure and heart disease. Researchers believe that the metabolic changes brought on by muscle building can have a positive effect on blood cholesterol which may protect against heart disease as well as other conditions fueled by inactivity.

We believe in the positive results of weight training as part of a regular exercise program. There is nothing more rewarding than seeing a client increase strength levels, making it easier for them to engage in every day tasks that were once difficult. I can personally guarantee that a regular exercise program will greatly enhance the quality of your life.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.