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Prime Life Times

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www.PrimeLifeTimes.com

June 2014

Volume 2 Issue 6

www.PrimeLifeTimes.com

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WELLNESS, HEALTH & FITNESS

Kick Aging

By Joan Maiden

Is climbing a flight of stairs a struggle and getting out of a chair a chore? Does a bag of groceries seem twice as heavy these days? Becoming weaker as you age is inevitable, right? It doesn't have to be. You can stay strong, independent and vital all of your life.



The Problem

At thirty, you were probably your strongest. Then things started going downhill—you started losing muscle—a half pound per year and then at fifty, that muscle loss accelerated to one or more pounds per year. By retirement you can have lost one-third to one-half of your muscle.

The Solution

The good news is that you can not only maintain your muscle and strength through regular exercise, but build new muscle and increase strength at any age—even ninety and beyond. Just twenty to thirty minutes of strength training twice a week can increase strength from 113% to 174% in as little as eight to twelve weeks.

The Outcome

By becoming physically stronger, you can maintain your independence longer and daily tasks will be easier. You will also:

- Lose body fat
- Decrease your risk of osteoporosis
- Reduce your risk of injury
- Back pain
- Arthritis
- Heart disease
- Diabetes.
- Help fight depression and improve your attitude.



If you've already been lifting weights, chances are, even if you are over seventy, you are stronger than an inactive twenty year old. At eighty, you can be as strong as someone forty. No matter how old you are, you do not have to get weaker with age. You can stay strong and vital! Strength training really is the fountain of youth.

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