



# 5 TIPS FOR HAPPY, HEALTHY AGING



# Hello!

Aging is easy. We do it every day. We don't think much about our own aging until we experience a relative or friend who is struggling with one or more of the negative affects of growing old. Weak muscles, porous bones, poor health, painful joints, memory loss, heart disease, balance problems, and so many more. Is this our future too? Is it inevitable? Can we do anything to slow or reverse the physical and mental downward spiral of aging?

## YES!

This is why we created **5 TIPS TO HAPPY, HEALTHY AGING**. This PDF will give you science-backed information on specific action steps you can take that will significantly impact the quality of your life and well-being as you navigate through life.

I want to say something about our first tip for happy, healthy aging – **strength training**. We made this the first tip because it is the most important and impactful thing you can do to improve the quality of your life. The natural loss of muscle mass and strength in older adults is the lead domino in the downward spiral of physical and mental decline associated with aging. When you engage in strength training, not only will you quickly regain muscle and strength, but you will also be improving your ability to move. Strength training is the closest thing to the fountain of youth. You will be more active as well as enhancing the health and functioning of every organ and metabolic system in the body. Strength training is that powerful.

**At SIMPLY STRONG, we specialize in personalized strength training for older adults.** We have helped almost 600 clients change their life with our science-based, simple and time-efficient program. Older adults who want happy, healthy aging need to be strength training. **We make it simple. We make it effective. We make it safe. In 15 minutes, once or twice a week, we work one-on-one with every client.** You schedule your workout, show up on time and one of our expert and educated professional trainers guides you through your session. No strength training guess work on your part, such as, what to do, how to do it, how much weight should I use, and am I doing this movement correctly? We handle all of that for you which eliminates all the guess work.

In closing, thank you for requesting **5 TIPS TO HAPPY, HEALTHY AGING**. I hope you find the tips helpful and will add them to your life. It will make a big difference in your personal aging process.



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# 1 Strength Training

Loss of muscle and strength as we age is real. It's natural. It happens to everyone. The medical term for it is called SARCOPENIA. The reason why this is a huge issue is because when we lose our strength, we lose our health. As our bodies become weaker we are prone to chronic disease such as osteoporosis, heart disease, Type II Diabetes, arthritis, Alzheimer's and dementia. Therefore, without question, strength training is the most important tip for happy, healthy aging. We are not talking about bodybuilding or physical competitions, but instead, modern, science-based resistance exercise that is proven safe, effective, and efficient. Given the seriousness of this problem of SARCOPENIA, it is understandable that leading researchers have advocated a public health mandate for strength training. Done properly, strength training will quickly build muscle and improve every aspect of your physiology and the metabolic functioning of your body. Recent scientific studies have demonstrated that strength training should assume a more prominent position in exercise guidelines particularly for older adults. SIMPLY STRONG focuses solely on Personalized Strength Training. 15 minutes, once-a-week. As you build strength, you will improve the quality of your life.



# 2 Eat More Protein

Protein provides the structural building blocks for muscles to grow and repair. This tip of eating more protein is extremely important for older adults and even more so for those who are strength training. After your strength training workout, take in 15-30 grams of protein within 30 minutes of your workout. Research has shown that more protein intake helps in recovering from exercise, increasing muscle mass, stabilizing blood glucose levels, losing body fat, and boosting your heart health and bone density. The bottom line is protein has many roles in our bodies, and all of its functions make protein one of the most important nutrients for your health.

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## 3 Drink More Water

Drinking water is essential to life. Our bodies, especially our muscles, are made predominately of water. Water is necessary for nearly every bodily function, from lubricating joints, to regulating body temperature, and pumping blood to the muscles and other organs. Due to SARCOPENIA, as our muscles decrease, so does the water in those muscles. Our bodies need more water than we realize. However, our sense of thirst isn't as strong as it once was because our body's signals are weaker from aging. With that said, dehydration happens commonly, and has negative effects. Dehydration is one of the most frequent causes of hospitalization after age 65. Many people can avoid trips to the hospital simply if they drink more water, most especially older adults. It is recommend that you should drink half your body weight in ounces of water per day. So if you weigh 160lbs, drink 80oz of water per day. In short, water is critical and necessary for happy, healthy aging.



## 4 Get More Sleep

Sleep is a vital mechanism, regardless of your age. It's the body's way to rest, recover and repair both physical, hormonal, and cognitive damage. A regular sleeping pattern of 7 to 9 hours per night is recommended to help people feel and function at their best. Sleep is even more important for older adults who are strength training. It is during sleep that almost all of the improvements from muscle growth occur, which helps the functioning of the mind and body. Older adults need good restorative sleep to stay healthy.



# 5 Be Responsible For Your Health

Your health - physical, mental, and spiritual - is your most vital concern. It should be more important than your work, play, money, friends, social status, appearance, house, and cars. If you have all these, but lose your health, you have nothing. It is your responsibility. It is not the primary responsibility of the government, Medicare, your insurance company, doctor, hospital, pharmacy, or family. It is in your hands, in your control. Take control of your own life. It's never too late to start. **Never.**

A lot of health problems are preventable. You must be proactive at staying strong and healthy.



We know lifestyle changes are difficult to implement and follow, but these 5 tips are all something you **add** to your current lifestyle, **not eliminate**. This makes the suggested tips much easier and much less stressful to incorporate into your life. If you follow these 5 tips as "rules to live by," you will experience happy, healthy aging for a very long time.

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# WE'RE HERE TO HELP!

SIMPLY STRONG specializes in Personalized Strength Training for Older Adults.

We are a team of professional personal trainers who specialize in slow-motion, high-intensity strength training that is proven to be safe, effective and efficient.



**Call to Register for a  
FREE Consultation and Trial Workout**

**541-844-1608**

[simplystrong.us](http://simplystrong.us)



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