

Why Strength Training?

“One of the most striking effects of aging is the loss of muscle mass, strength and function. Muscle mass decreases approximately 3-8% per decade after the age of 30 and this rate of decline is even higher after the age of 60. This involuntary loss of muscle mass, strength, and function is a fundamental cause of and contributor to disability in aging populations. Loss of muscle mass greatly increases the risk of falls and vulnerability to injury, and can lead to functional dependence and disability.

A decrease in muscle mass is also accompanied by a progressive increase in fat mass and consequent changes in body composition and increased insulin resistance.

Furthermore, bone density decreases, joint stiffness increases, and stature is reduced.

All of these changes have probable implications for diminished type 2 diabetes, obesity, high blood pressure, heart disease, osteoporosis, and diminished lung capacity.”

The good news is you can begin now to significantly slow this downward spiral.

John Norton has been a Personal Trainer for over 30 years and has learned many effective interventions to assist clients in changing their lives—now--for the better.

Call John to learn more about restoring much the strength, balance, and confidence you had in your body years ago.

About John Norton

John has earned instructor certifications in the following disciplines:

Personal Training, *Spinning*, Mind-Body Personal Trainer, Tai Chi Level 1, Tai Chi Level 2, Yoga Level 1, Pilates Level 1, and Functional Chain Reaction (functional fitness). He has refined the art of working out to get maximum results in minimal time. He will show you a new way of training that most people are not aware of. Four examples of what John will teach you are:

1. How to get relief from overly-tight muscles and for getting pain out of your body.
2. Building your strongest core—**EVER**-- (including the low back) without doing another crunch or sit-up or ab machine rep again--ever.
3. How to increase your lung capacity, improve your lung function, and maximize your overall health with mindful breathing techniques.
4. Ways to eliminate potentially harmful, non-essential, waste of time exercises that have no scientific validity. John specializes in **functional fitness**, i.e., training the body, mind and spirit for the demands of life, work, and play. Improved strength, power, balance, posture, agility, and peace of mind for all ages are the results.

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