BODY COMPOSITION

The composition of a person's body, particularly the ratio of fat to lean tissue, can have a marked impact on health and functional mobility. Starting around age 30, people on average begin gaining weight at the rate of 1 pound per year until about age 50 (men) or 60 (women), after for which there usually is a weight stabilization for a few years and then a gradual decline in weight. Unfortunately, for most people the weight decline in later years usually is due not to a loss of fat but to a loss in lean body tissue (muscle mass and bone).

Studies indicate that people who are overweight (typically because of excess body fat) are more likely to be disabled in later years than are people with normal body fat ratings.

8 WEEK PROGRAM SCHEDULE & FEES:

Mondays 10-11 AM
$40 for 8 Sessions

Wednesdays 10-11 AM
$40 for 8 Sessions

Please call to find out when the next 8 Week Program Starts

(315) 717-5712

First group photo at our new location

www.power-up-training.com

travishyer@yahoo.com

FIT FOR LIFE

Group Fitness For Seniors

A low-intensity, low-impact group fitness program designed specifically for those who are new to group fitness programming, just getting back to exercising, and/or have a past injury history or orthopedic concerns (arthritis, chronic pain, etc.)

Health-Fitness-Performance

POWER-UP

1469 State Route 7 Richmondville, NY
(Former Roller Rink)

FUNCTIONAL INTEGRATION TRAINING (FIT)

Our FIT For Life program addresses all of the following physical parameters identified as being relevant components of functional fitness according to the American College of Sports Medicine:

- Muscular Strength
- Aerobic Endurance
- Flexibility
- Agility and Dynamic Balance
- Body Composition

MUSCULAR STRENGTH

Maintaining muscular strength should be a major concern of all adults. A decline in muscular strength, which averages about 15 to 20 percent per decade after the age of 50, can have devastating effects on people's ability to perform normal everyday activities.

Muscular strength can help reduce bone loss, improve glucose utilization, maintain lean body tissue, and prevent obesity.

AEROBIC ENDURANCE

An adequate level of aerobic endurance (the ability to sustain large-muscle activity over time) is necessary to perform many everyday activities such as walking, shopping, sightseeing while on vacation, and participating in recreational or sport activities. Aerobic capacity tends to decline at the rate of 5 to 15 percent per decade after the age of 30.

Maintaining an adequate level of aerobic endurance helps to maintain functional mobility and reduce the risk of cardiovascular disease, diabetes, obesity, high blood pressure, and some forms of cancer.

FLEXIBILITY

Loss of flexibility impairs many functions including bending, stooping, lifting, reaching, walking, and stair climbing. Maintaining/improving flexibility helps to prevent back pain, musculoskeletal injury, gait abnormalities, and reduce the risk of falling.

AGILITY & DYNAMIC BALANCE

Agility and dynamic balance are important for a number of common mobility tasks that require quick maneuvering such as getting on and off a bus in a timely manner; moving out of the way to avoid being hit by a car or other object; and getting up quickly to answer a phone call, go to the bathroom, or tend to something in the kitchen. Also, agility and dynamic balance are needed for safe participation in many recreational games and sports.

EXCERCISE & THE BRAIN

Exercise helps memory and thinking. Exercise also improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

SO WHAT SHOULD YOU DO?
START EXCERCISING!!!