

# *Fitness With Purpose*

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## Personal Training

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### 10 Ways to Positively Influence the Aging Process

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#1-Stay physically active in weight bearing activities

#2- Walking for 1-3 bouts of 10 minutes has been shown to be as effective as one 30-minute workout

#3-Resistance Training 2-3x per week

#4-Hire a qualified personal trainer to teach you how to train safely, motivate and keep you accountable, and design the right exercise program to fit your needs and goals

#5-Supplement with the recommended Calcium 1,000-1,200mg daily and Vitamin D  
infant –Adult 200 IU / 50+ 400-600 IU

#6-Get outside exposure to sunlight

#7- Build up peak bone mass early. Although it's never too late to start an exercise program! The best way to prevent bone loss is to build peak mass at adolescence.

Encourage your kids to stay active in weight bearing activity

#8-Add progressive intensity to your exercise program to maintain or build bone mass and lean mass

#9-Eat healthy meals 4-6 times a day. Lean protein, fruits and vegetables, and whole grains to fuel the body with the proper nutrients

#10- Incorporate balance and flexibility training into your program 5-7 days a week

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