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## Fitting News

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Here are more reasons for older adults to strength train based on a study from the University of California, Los Angeles, that indicates a new link between improving muscle mass and longevity.



### Out-Muscle the Grim Reaper

Muscle mass can be a critical component to longer life. Not only does muscle mass contribute to a healthy, balanced system, it can also help if you should fall. Do you have the power in your lower body, upper body and core to easily pull yourself up? Building muscle and strength can also assist with your balance and can relieve pain.

In an *American Journal of Medicine* study which examined mortality rates (of all causes) among 3,000 participants, when muscle mass was measured, it was discovered in men 55 and older, and women 65 and older, that total mortality was significantly lower in those who did not lift weights.

If you want to start a program of strength/resistance training, it's best to begin with a thorough health history evaluation. It's important to know your current medical condition, medications and if there are any planned surgeries. Also coming into play are conditions such as arthritis, diabetes, hypertension, cardiovascular disease and Parkinson's disease.

Once you have an overall health benchmark, you can then assess your fitness objectives. Are your goals realistic for you today based on your age and health? In the past perhaps you lifted barbells over your head for exercise. As we age, we may not need to do such strenuous movements. Exercises can be modified to the individual's abilities and increased as practiced to continue to build muscle mass. Are you willing to learn something new that will make you feel as viable?

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For Your Inspiration	What's <b>NEW</b>
<p><i>Music is Poetry with Personalities</i></p> <p>"Day by Day" – from Godspell – Original Broadway Cast</p> <p>"Love Never Dies" – from Phantom of the Opera - Original Broadway Cast</p> <p>"Impossible" – from Cinderella – Original Broadway Cast</p>	<p>New blood pressure guidelines established by the American Heart Association and the American College of Cardiology urge you to take heed. These organizations have <i>lowered</i> the diagnostic threshold for stage-one high blood pressure to 130/80, down from 140/90. Check your blood pressure at regular intervals. 46% of U.S. adults now meet the criteria for hypertension and should take steps to lower their blood pressure today!</p>



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*Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*