



Susan Lemmon
Certified Personal Trainer

Over Forty

Ok...you are over forty or quickly closing in on that big number. It suddenly hits you that you are out of shape and the activities that you use to easily do in your twenties are now taking a toll on your less than perfect body.

Relax and take a deep breath. First and foremost, there is no perfect body (even if the magazines tell you differently). However, if you exercise and take care of yourself, there is no reason that you can't do those activities even better than you did in your twenties!

After the age of thirty, an adult starts to lose muscle mass. The less muscle you have, the less energy you burn while you're resting (metabolic rate). When you increase muscle mass, you increase metabolism and burn more calories. Loss of muscle mass also means a decrease in strength and an increased susceptibility to injury. This loss can eventually hamper our ability to perform everyday tasks. The only way to stop your muscles from wasting away is strength training.

A strength training program will allow you to improve strength levels, increase metabolism, decrease injury, and improve the way you look and feel. By improving your muscle coordination, strength and reaction time, you will have better balance and stability and will be less prone to injury. There are other benefits gained from strength training. It increases bone density and helps to prevent bone loss and osteoporosis associated with aging. It can improve your cholesterol levels, decrease blood pressure, and increase the range of motion of joints.

So...do you want to be healthy and keep doing the things that you loved doing in your twenties? Not to worry! Potomac Personal Trainers will give you the tools and the motivation to bring back those muscles, increase your metabolism, and improve the way you look and feel. Don't wait for your next birthday, get started today.

For a free one-on-one personal training session please contact Susan Lemmon at 301.452.1497