



October 2009 Newsflash Strength Training and Healthy Aging!

I would love to share an excerpt from an article written by a good friend of mine, Dr. Karl Knopf. Dr. Knopf has been a huge supporter of Sit and Be Fit since the very beginning. He is a strong advocate for healthy aging and a recognized leader in his field.

Grow Strong Not Old (excerpt)

By Dr. Karl Knopf, Ed.D

Professor of Adaptive Fitness, Coordinator of Life Long Learning at Foothill College, President of Fitness Empowerment of Active Adults Association, Author of *Weights for 50 Plus*, *Stretching for 50 Plus* and *Fitness over 50*.

Proper strength training is an essential component in any exercise routine. Dr. Bortz, an expert in Gerontology, believes that strength training is the single most critical thing a person can do to delay the aging process. In his book, *“We Live Too Short and Die Too Long,”* Dr. Bortz said that the greatest predictor of whether a person will end up in a nursing home is their leg strength.

Being strong enough to climb stairs, get up and down from a chair, and perform activities of daily living is the key to being functionally fit for life. Numerous scientific studies have proven that people who engage regularly in strength training programs can maintain their muscle mass well into old age. Other studies have demonstrated that older adults in

their 70's can regain much of the strength they had in their 50's if they engage in an appropriate training program.

Strength training can be seen as the fountain of youth!

There you have it, sound advice from Dr. Knopf and Dr. Bortz! I hope you'll embrace your own process of healthy aging by continuing to exercise and adding a strength training program to your weekly workout sessions!

You can learn more about strength training in Dr. Knopf's book [Weights for 50+](#) available through **SIT AND BE FIT** at **(509)448-9438** or at www.sitandbefit.org. This publication is filled with photographs demonstrating exercises and easy-to-understand instructions about how to build a safe, effective strength training program.

Wishing you the best of health and the happiest of days!
Mary Ann

A handwritten signature in black ink that reads "Mary Ann". The signature is written in a cursive style with a large, looping initial "M".