ReGenesis 360

HOW TO TRANSFORM YOUR HEALTH IN JUST 30 MINUTES A WEEK!

By **Coach Chris Cucchiara**

JUST 30-MINUTES A WEEK OF RESISTANCE STRENGTH TRAINING CAN PREVENT AND REVERSE SARCOPENIA!

WHAT IS SARCOPENIA?

It is the progressive loss of skeletal muscle that comes with aging. Without any other disease or injury, the condition leading to sarcopenia can cause us to lose as much as 1 percent of strength each year after we turn thirty.

To give you a glimpse of what can happen as we age, look at this progression of decline in muscle – starting as early as age 30 – that commonly occurs if we're not working to maintain our strength and fitness.

AGES 30-45

We tend to become more sedentary and lose 3-8 percent of our strength per decade during this time period.

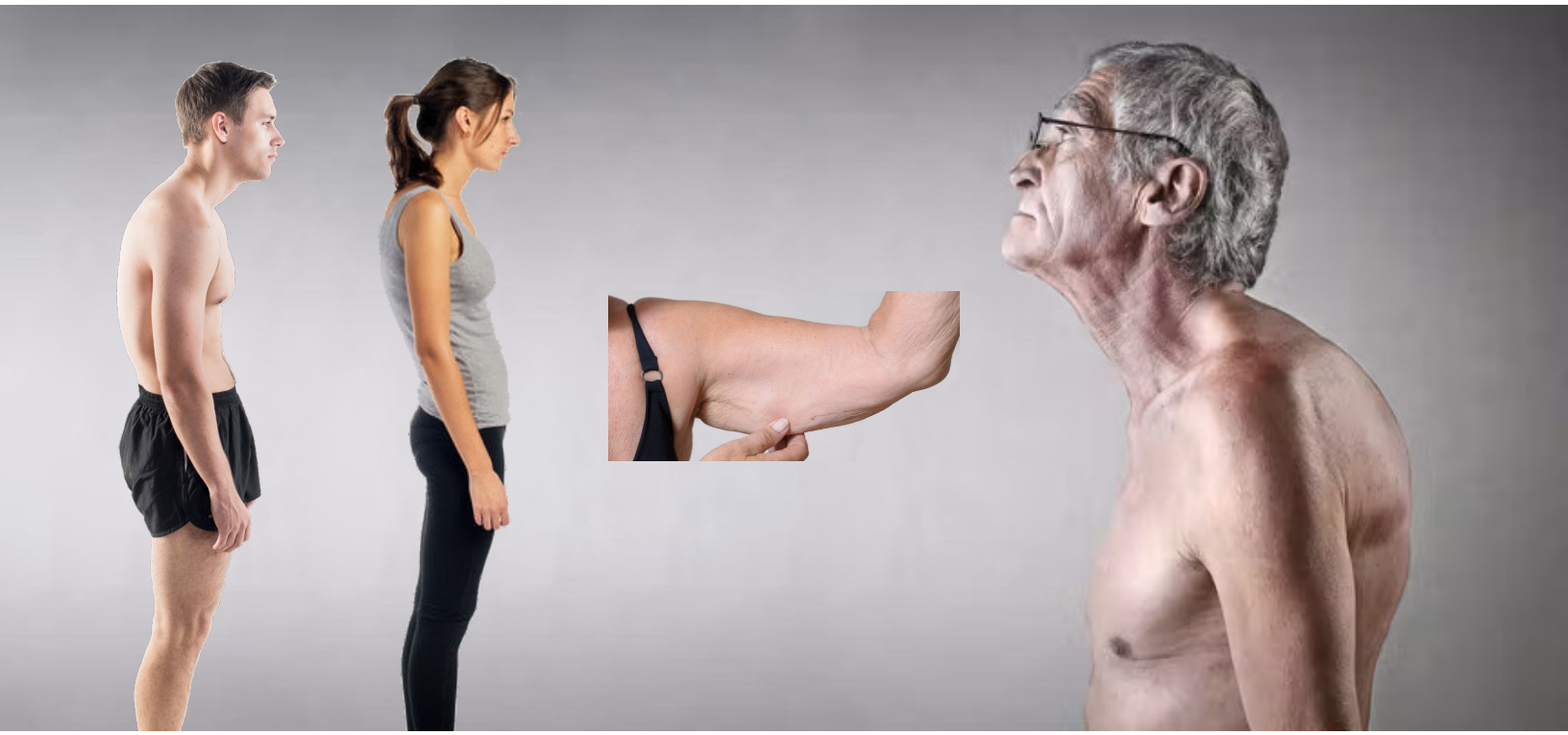
AGES 50

During our fifties, the rate of strength accelerates for most and we may experience some significant health challenges.

AGES 65+

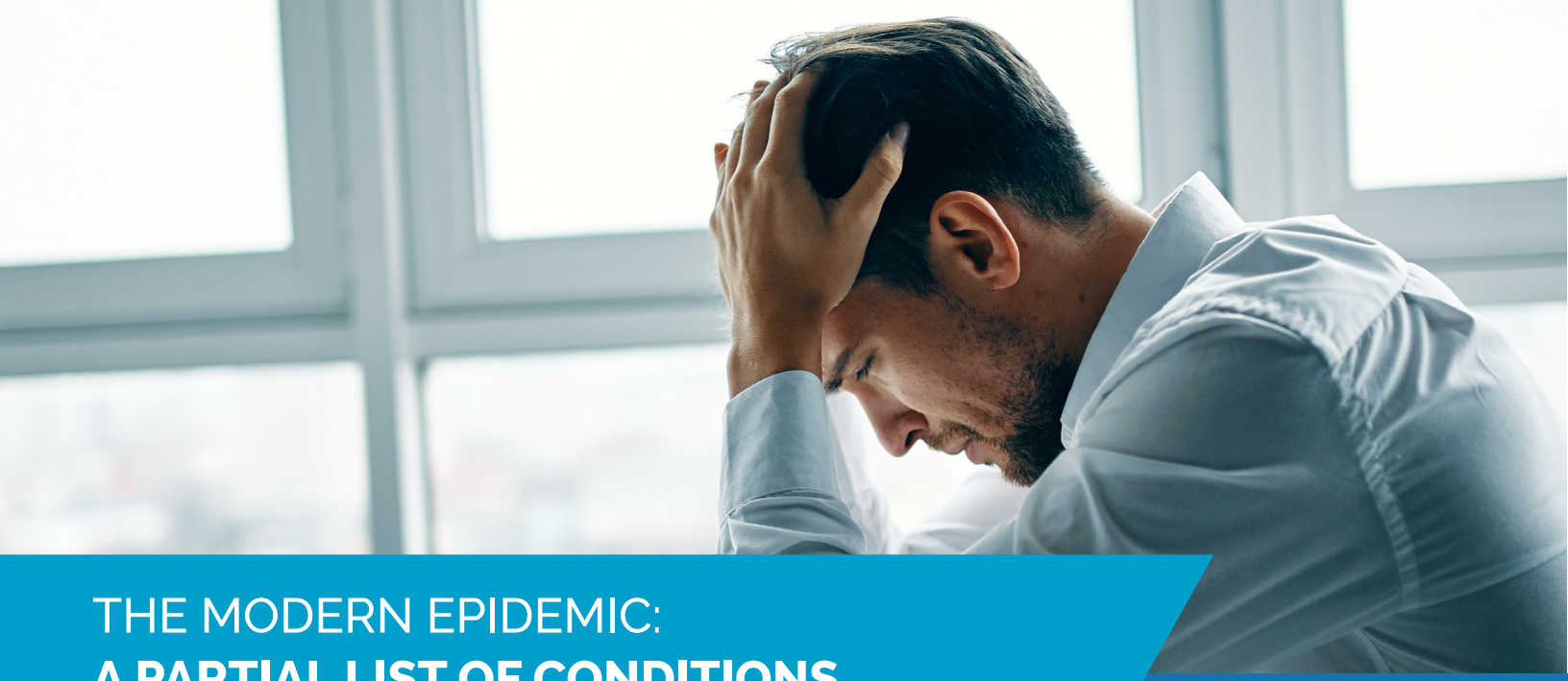
In 2009, 25 percent of Medicare beneficiaries that we 65 and older reported that they were having trouble performing at least one activity of daily living. Neural motor units, which contract muscles, begin to "die" or lose their ability to function.

WHAT DOES SARCOPENIA LOOK LIKE?



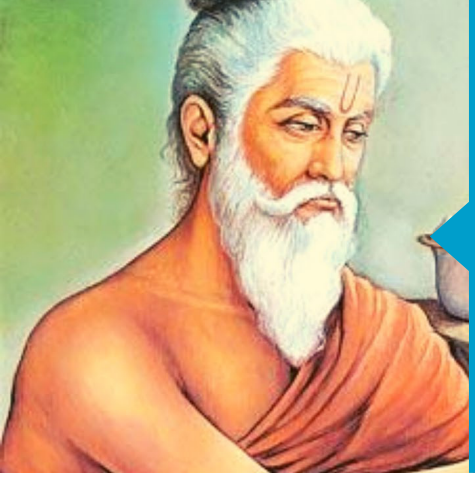
The **only** way to **prevent and reverse sarcopenia** is to commit to a lifestyle of resistance type strength training!

Scientific research by leading doctors in the field of geriatrics has revealed that **resistance training** along with a diet supporting muscle health are among the **most powerful tools** for the treatment in **the battle of sarcopenia**.



THE MODERN EPIDEMIC:
A PARTIAL LIST OF CONDITIONS ASSOCIATED WITH SARCOPENIA

- Accelerated biological aging/premature death
- Alzheimer's
- Balance issues
- Bone fracture/falls
- Breast cancer
- Colon cancer
- Congestive heart failure
- Coronary heart disease
- Deep vein thrombosis
- Dementia
- Depression and anxiety
- Discomfort associated with fibromyalgia and arthritis
- Endometrial cancer
- Erectile dysfunction
- Functional impairment (difficulty with walking, standing, physical performance)
- Gestational diabetes
- High cholesterol (LDL)
- High triglycerides
- Hypertension
- Insulin resistance
- Low back pain
- Low cardiorespiratory fitness
- Low metabolic rate
- Low self-esteem
- Metabolic syndrome
- Non-alcohol fatty liver disease
- Obesity
- Osteoarthritis
- Osteoporosis
- Peripheral artery disease
- Prediabetes
- Prostate cancer
- Rheumatoid arthritis
- Slow gastrointestinal transit time
- Stoke
- Type 2 diabetes
- Visceral and subcutaneous fat
- Weakened immunity



IS EXERCISE A RECENT PHENOMENON?

It has been around since antiquity. **Susruta,** an Indian physician who lived around 600 BCE, prescribed exercise to both prevent and treat diseases. Exercise, he asserted, would minimize the effects of obesity and diabetes, improve digestion, enhance muscle development, and promote mental alertness. That was written over 2500 year ago!

Strength Training and Cardiovascular Health

Studies have confirmed the relationship between strength training and cardiovascular health. One long-term study of over 12,000 men and women found that, independent of any aerobic training, those who did strength training for less than an hour a week lowered their risk of heart attack and stroke by up to 70%. Equally impressive is another study that found 30 minutes of strength training a week resulted in the same risk reduction for a heart attack as 2.5 hours of brisk walking every week.

Strength Training and Cancer

The findings in a UK study on strength-training and cancer risk with 80,000 adults over the age of thirty showed two strength-training sessions per week were associated with a 34% reduced risk for cancer mortality.

Strength Training and Mental Health

People who improve their muscle strength also show significant improvements in cognition. In a study that involved one hundred adults with mild cognitive impairment – a condition that increases the risk of dementia. The participants did strength training two to three days per week for 6 months and had an 18-month follow-up. Not only did the training significantly improve overall cognitive function – testing showed that those improvements had been maintained even 18 months after the training ended.

In a study that looked at 33 randomized clinical trials involving 1,877 participants and concluded that "resistance exercise training significantly reduced depressive symptoms among adults regardless of health states, total prescribed volume of RET [resistance exercise training], or significant improvements in strength."

Another study worked with elderly individuals who had been clinically diagnosed with depression. Remarkably, it found that after a 10-week program of three sessions of resistance training a week, almost 80% of the participants were no longer clinically depressed.

Incorporate **Strength Training** as a **Lifestyle**, Not a Program!

ALL EXERCISE IS NOT EQUAL!

What we do at ReGenesis360 and why we are different.

We combine the latest **scientific** findings on **resistance training** with the 21st century technology to design **safe; effective, efficient, & quantified exercise protocols.**

HOW WE DO IT!

- Through one-on-one, supervised, and personalized private strength training sessions.
- Our program will allow you to get **stronger**, build **lean muscle**, increase **bone density,** and **tone** your body in the fraction of time it takes going to a traditional fitness center.
- Our program consists of **one or two 22-minute private training sessions per week.**
- All sessions are by appointment only.

Our ARX Fitness System is the Future of Exercise!

Call today and schedule your complimentary heath assessment and ARX demo!

805.202.2077

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For a list of the references and studies mentioned herein, please refer to the following books:

1. **Deep Fitness,** by Philip Shepherd and Andrei Yakovenko, and,
2. **Choosing the StrongPath** by Fred Bartlit and Steven Droullard.