

40+ TRAINING

If you're in your forties or older, you're special (ha!) and you probably need a different type of coach than an athlete in their 20s!

Starting an exercise and training regime at this age requires certain skills and understanding from the coach because you have specific health and fitness concerns. You may want to improve your health because of other diagnosed issues and it's important to take a multi-pronged approach to health.

Why You Should Start Thinking About Your Health Fitness and Wellness:

- Muscles shrink with age; it's important to develop/maintain muscle mass to make us look better and keep us functioning, which will help to reduce middle age spread and reduced energy levels
- 1 in 2 women and 1 in 4 men over 50 will have an osteoporosis related fracture in their lifetime. 24% of hip fracture patients aged over 50 die in the following year – weight bearing exercise improves bone density
- Exercise has a positive effect on depression – it increases vitality, mood and social functioning, reduces anxiety and improves sleep
- Mobility is one of the most important factors as we get older; we take it for granted when we are young
- Good nutrition and lifestyle habits are just as important as being active
- Even if your mobility is hampered or you have pain from past injuries, you can still get healthier
- Being active, eating better and adopting healthy lifestyle habits can help manage or prevent chronic conditions
- Eating well at this age is crucial as our bodies need more nutrients.



"About 6 years ago I was diagnosed with osteopenia (a precursor to osteoporosis) due to a thyroid disorder inhibiting calcium absorption. I wanted to get back into strength training to help build bone density. My last scan showed a significant increase. The training with Ally is different every time, so it never gets boring and no chance of plateauing. It's been great."



Your coach Ally van de Pol is a NASM-CPT Personal Trainer, AFPA Certified Holistic Nutritionist & AAHF Senior Exercise Specialist, plus First Aid and CPR qualified.

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