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FITNESS TRAINER™

OCTOBER/NOVEMBER 2016

BY TRAINERS BY TRAINERS



OUT TRAINING AGING

Plus:

ALL VIEWS ON YOU!

Launching your own paid video on demand channel

MUSCLE MATH

Does the 30 Gram Protein Rule add up?

EVERYDAY PAIN?

How to address common impingements

GOOD PLANK, BAD PLANK

3 QUICK TIPS

Improving the client's bench press

70-year-old bodybuilder's secret may benefit your older client

Build Muscle at Any Age



HOW A 70-YEAR-OLD DOCTOR OUT-TRAINED AGING.

Dr. Robert Drapkin knows a thing or two about aging. However, the 70-year-old doctor and bodybuilder also seems to know how to out-train this natural occurrence.

In other words, Drapkin has found a way to build lean muscle mass in a demographic (those 55 years of age and older) that is naturally at risk of muscle mass loss and function, a condition known as age-related sarcopenia or sarcopenia with aging; while addressing additional ageing factors in the process.

“Cells are genetically programmed to divide a number of times. An aging cell loses the ability to divide and dies,” Drapkin explains. “Cells collectively make up tissues and organs, and these tissues and organs function only as well as their component cells.”

According to Drapkin, it’s difficult to define the “aging” process as distinct from disease or identifiable pathologic processes that can occur at any age. We do not exactly know what causes aging in every adult, but researchers have collected a significant amount of data to help explain some of the changes that occur as we age.

There are six common changes that occur as your body ages from 40 to 60 plus years of age—in

addition to those associated with metabolic changes—and all can be treated or improved with diet, exercise and

supplements:

1. Memory loss
2. Bone and joint pain
3. Vision loss

4. Loss of skin elasticity
5. Frailty
6. Loss of sexual function/interest

MEMORY LOSS

Exercise will improve memory.

In the elderly, the hippocampus—the section of the brain responsible for memory—shrinks in size as memory decreases. Exercise will increase the size of the hippocampus and cause memory improvement, thus reversing the effects of aging.



BONE & JOINT HEALTH

For some, as the years add up so do the pounds. As it turns out, obesity is associated with increased osteoarthritis of the knees. Increased mechanical stress is placed on the knees by the increased body fat and compensatory alterations in body mechanics. If your client loses the body fat they will be able to regain their normal gait pattern (gait is the way you walk) and knee pains will decrease.

VISION LOSS

Vision loss and decreased mobility share a strong connection. The small blood vessel damage associated with diabetes and insulin resistance has been linked to obesity and a sedentary lifestyle. Get your client lifting and you could help prevent insulin resistance and diabetes; in turn saving their vision.



LOSS OF SKIN ELASTICITY

As growth hormones and estrogen levels diminish with age, we lose tissue elasticity and wrinkles increase. Exercise and supplements are able to restore these hormone levels to normal values thus reversing skin elasticity- the wrinkles will disappear and your client's skin will tighten. No plastic surgery needed.

FRAILITY

Frailty is experienced from the inside out, exhibiting itself in brittle bones, muscle atrophy, unintended weight loss, overall weakness to slowing, decreased energy, and lower activity. Bone health becomes a major concern; however moderate strength training can improve bone density reducing the effects of frailty.

LOSS OF SEXUAL FUNCTION/INTEREST

Regarding loss of sexual interest and performance, this is a complicated issue involving multiple organ systems. Suffice it to say that exercise, as well as diet and supplements, will raise sex hormone levels to their normal ranges.

The muscles, soft tissues and bones are among the first tissues to show measurable change. In general, we lose one percent of our muscle mass on the average every year starting at approximately age 30.

Sedentary or inactive non-ex-

ercisers lose muscle mass more quickly. Older muscle is also less efficient at protein synthesis than the younger muscle of the same size and weight -- and thus weaker. This decrease in muscle mass and strength as we age leads to decreased activity.

Decreased activity accelerates muscle loss.

“It is a constant circle that never ends and it all gets worse unless we interrupt the cycle with a change to a healthier life,” Drapkin explains. “Plus, body fat measurably increases as we age.

The peak age for body fat mass occurs in ages 55-71 years. This is not inevitable, but it is totally up to you to change.”

Fitness Trainer: *As trainers, how can we address this call for change when working with clients in the affected demographic?*

It is my firm belief, based on studies and data, that it is possible to build muscle at any age with vigorous resistance training, supplements, a high protein diet and normal hormone levels. Master athletes—athletes

defined as performing vigorous exercises four to five times per week—40 to 81 years of age had similar amounts of muscle mass and strength, according to research. Thus some of the decline in muscle mass in the elderly is due to chronic disuse - a lack of exercise.

Fitness Trainer: *What was it that sparked the change in you, while in your 50s?*

My wife and I went on vacation to Cozumel, Mexico. We rented a Jeep so we could go exploring

and take photographs. In those days, we used film cameras and had to wait for the film to be developed before we could see the pictures.

Right here is a picture of me during that vacation, at age 48. What’s humorous about this is that I’d thought I looked good until the photo arrived, at which time I saw myself with a potbelly, a double chin, and a ridiculous attitude.

This image was the stimulus for me to join a gym and restart my education, diet and exercise.

Fitness Trainer: *Everyone comes face-*

to-face with an obstacle of some sort when beginning a training program; what was yours? Especially in regards to your fitness goals.

I attempted to “work out” on my own, as I was a physician and thought I knew “everything.” In reality, I knew nothing, and for over two years, my body didn’t change—my “love handles” stayed put, along with my double chin. I was my own worst enemy because I thought I could do this on my own.

Then, by chance, I met Donny

Kim, a certified personal trainer with a special interest in body mechanics and a champion bodybuilder. Donny started me on the road to good health, fitness and strength.

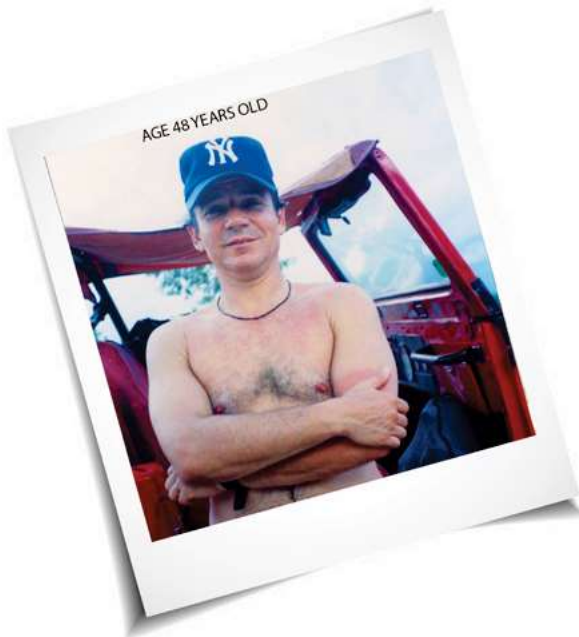
Fitness Trainer: *When it comes to building muscle after 30, what did you do?*

I expect my body to change slowly and I adjust or change my diet and exercise program in order to continue to improve slowly—it’s a race that’s won by the turtle. If you can measure your progress you can control what is happening to your body. Most importantly I say “show me the data!” to anyone giving me health advice.

Vigorous resistance training- I do 30 to 40 minutes of vigorous cardiovascular exercise three to five times per week—treadmill, elliptical, bike, running, jogging, swimming using HIIT principals. I do not do cardio before weights and I separate these two types of exercise as far apart as possible. I lift weights exercising each muscle group to failure once a week. I sleep well and I allow my body to recover. I do not exercise every single day.

High protein diet- I calculate my protein needs based on my weight in pounds. I eat 1 to 1.5 grams of protein per pound of body weight per day; this provides my daily protein and fat.

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Shoulder impingement is a common shoulder condition that a fitness professional may encounter. Understanding the anatomy, biomechanics and proper program design with evidenced based training strategies, will provide you with a better understanding to work with clients.

Chris Gellert

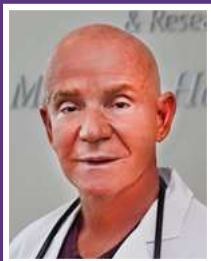
Is the CEO of Pinnacle Training & Consulting Systems(PTCS), a continuing education company that provides educational material in the forms of evidenced based home study courses, ELearning courses, live seminars, DVDs, webinars, articles and teaching in-depth, the foundation science, functional assessments and practical application behind Human Movement. Chris is both a dynamic physical therapist with 16 years experience, and a personal trainer with 20 years experience, with advanced training, has created over 10 courses, is an experienced international fitness presenter, writes for various websites and international publications, consults and teaches seminars on human movement. For more information, please visit www.pinnacle-tcs.com.

SENIOR Q & A

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Supplements- I occasionally supplement my diet with MCT oil and/or walnuts.

Normal hormone levels- I take scientifically proven supplements and keep my hormone levels in the normal range to high normal range. This requires blood tests every three to four months.



Robert Drapkin, MD, is a health care provider who is board certified in Internal Medicine, Medical Oncology, and Palliative Care. He is in active practice, working to save lives and improve quality of life through the education of his patients. He provides

up-to-date knowledge and guides patients through their illnesses, exercises, and diets. He has been in active medicine practice for over 36 years. Dr. Drapkin is currently 70 years old and started training as a body builder when he was in his fifties. He has been a competitive body builder for 17 years, and has won many titles and contests.

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Fighters Only magazine is taking its cutting-edge strength and conditioning philosophy into gym's across the world once again by supporting resident SGC guru Kevin Kearns' world tour. 'Dr Evil' is flying all over the globe to present his series of seminars and certification events - bringing the very latest training tips from the USA. Boston-based Kevin Kearns is one of the leading strength and conditioning experts in the United States. His work with combat sports athletes is second to none, having helped condition no less than 15 UFC fighters by utilizing 25 years of martial arts training. His MMA conditioning DVD series remains a best seller, while his 'Burn with Kearns' philosophy has gone global with certification events being staged around the world.

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