

The summer is here! It will be here for 4 more months! Therefore, make a Summer Half Year Resolution, in case your New Year's did not make it. The idea came from a T2BB member that said her Summer Half Resolution is to train more frequently, while playing outdoors because, she was "gettin' old." I agree - everyone should have a non-endurance conditioning workout routine throughout the summer. Although, I disagree with the statement - "getting old."

I believe aging is a good life earned. If you manage stress well, eat healthy, get plenty of sleep and are physically active, typically you will not hurt just because of 'aging.' It is the damage we do in these categories that make us old!

Reducing stress is one of the *key* factors to losing fat and aging well. The body and the mind – when stressed holds onto to the enzyme cortisol. Cortisol *conserves* fat to protect the vital functions of the organs. It is difficult to lose fat even if you workout regularly with the aim of losing fat. As we age, we take on more responsibility, worry, anxiety, etc and it will wear the body and the mind down, giving you the *illusion* of feeling old.

My Managing Director recently said, "You will always have so much stuff to do, once you accept that, it's not so stressful anymore - you can stop waiting for the end!" Thus, discover and continue to discover relaxation techniques. Intense exercise workouts will only balance out the stress, it is a temporary fix and gains are minimal. Counterbalance with stress reducing relaxation time for you.

Eating. Healthy eating. Most of us think we are 'good eaters' just like most of think we are good drivers! Without breaching the scope of my practice, one of the best ways to know if you are a solid, healthy eater is to maintain an honest food journal for two to three weeks. Log everything that enters your mouth!

Proper food fueling is imperative to strength training, performing outdoor endurance activities, and the stress of making that deadline at work. There are a ton of studies that prove eating certain types foods will slow the aging process, create healthier skin, which of course makes you look and feel younger, and allows the release of "happy" hormones to aid recovery, growth, and mental health.

Sleep is most likely the neglected category that, without a doubt makes you feel and look older! Sleep is compromised for a variety of reasons; socializing, drinking, studying, work, children and home responsibilities to name a few. Often this is not something easily corrected, I am just as guilty. But, sleep should be just as much a priority as work and chores! Typically, the body requires a restful period of sleep of between 6-8 hours.

*Athletes' Performance*, an elite high-level athletic training facility performed sleep case studies to help enhance athletic skill and performance within a person's designated sport. Although they are just case studies, they have found significant improvements in stamina, speed, strength, and cardiovascular output. This is without changing anything in his/her regime.

The most common factor to 'feeling old' is in our workouts. At T2BB, we progress each exercise, program, or circuit training session. It takes the body 4-6 weeks to neurologically adapt to a movement. We progress within the exercise and change that exercise after that specified period of time - to keep the body progressing without fatigue or overuse. However, many members feel he/she is 'old' because, during the progressions, they are always being challenged. It is not the exercise, it is not age, it is what you have already done to your body up to your current age!

Which type of person are you? Maybe you are the person who dabbled in a couple of sports in high school, periodically worked out on your own in college, found a hobby in here in Jackson - hiking, biking, and skiing on a sporadic basis. Or are you the type of person who participated in 3-4 sports in high school, competed in recreational sports in college and have made it more or less a job to get outdoors and recreate hard in every sport from kayaking to skate skiing? We encounter the latter more than not, which gives way to the "beating the hell out of your body" syndrome. If you have beaten your body up with high level or a consistent level of sports activity, it also creates a false feeling of old-ness.

This reminds me of a movie quote from the "Guardian". It has a great phrase by an actor that said, "My muscles ache, but it is because I used them...we have always been getting old...I have lived, loved, danced, sang, and sweated myself through a good life...getting old, now that is earned". I think if you can embrace these words, and be able to move

through your life till it is time to leave, you can consider it a good life! We all have bumps and bruises, but if you are breathing and can stand on your own, you can live a strong and long life.

The oldest client at T2BB is 72 years young and still skiing strong! The second oldest, 71 years young wants to return to rock climbing as one of his goals and is participating in our H.I.T. (high intensity training) and our Kickbox Karate group training. He is one heck of a whipper snapper and jokes (or maybe doesn't joke) that I, Augie, am the reason for engaging in curse words not otherwise used in normal workout routines.