
**Vitality
Fitness &
Health**

Prevent Decay. Exercise Today!

Eric Choi, MBA, RMC, PMP
Certified Personal Trainer
Founder, Vitality Fitness and Health

December 2018

Based on research

- “Mobility and Independence - Special Health Report”, Medical Editor Dr. Scott D. Martin, M.D., Harvard Health Publications, Harvard Medical School, 2017.
- “Younger Next Year” - Chris Crowley & Henry S. Lodge, M.D.
- Directly Measured Physical Activity of Canadian Adults, 2007 to 2011, Statistics Canada
- Integrated Pan-Canadian Healthy Living Strategy 2005, Public Health Agency of Canada

—

What is the difference
between aging and decay?

—

Natural aging includes changes that have little to do with our lifestyle.

Decay: degradations often caused by lack of exercise.

Our bodies are creating and destroying cells every day.

- Decay happens when more cells are dying than being created. When we are young, there is a lot more growth in cells than there is death of cells.
 - Unfortunately, in our 40s/50s, our bodies begin to continually **increase the rate of decay.**
-

—

Exercise is a natural, potent strategy against decay.

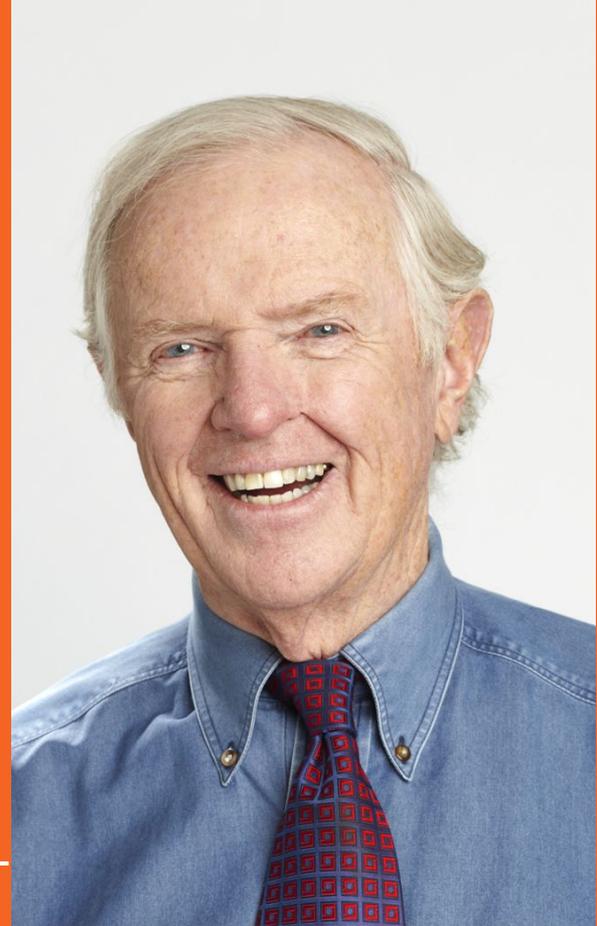
If you don't do it, your muscles, nerves, tendons, bones, and circulatory systems tend to decay in various ways.

—

Exercising is like brushing
teeth - **it's a routine habit** to
take care of ourselves.

Meet Chris Crowley.

After retiring, Chris had lived a lifestyle comparable to many retired middle-class Baby Boomer Americans. However, he noticed that he was steadily losing his ability to do things - losing balance, strength, coordination, energy, etc.



Then, Chris discovered Dr. Harry S. Lodge

When Chris was 70 years old, one of the foremost doctors in gerontology in America convinced him that exercise is the most important lifestyle factor that determines health and independence. Chris began exercising properly and dramatically changed his health condition. In his book, “Younger Next Year” he states that he **feels like a healthy 50 year old.**

—
It's no surprise that Chris benefitted well from exercise.

Some 70% of premature death and aging is lifestyle-related. Much of it is due to lack of activity.

Source: "Younger Next Year" Chris Crowley & Henry S. Lodge, M.D.

So...what **exercise** is needed?

Problems:	Solutions:
Weak muscles, bones (osteoporosis), painful joints (osteoarthritis), and lower back pain?	Strength training, maintain normal body weight, avoid injuries, joint-sensitive exercises.
Limited range of motion?	Flexibility exercises
Cardiovascular problems?	Cardiovascular exercises
Degraded cognitive function? Depressed mood and low energy? Weak immune system? Over your normal healthy weight?	Frequent and adequate exercise. Mental challenge. Socialization. Increased size of muscle cells will increase metabolic rate. Diet.
Poor balance and coordination (leading cause of falls and fractures)?	Dynamic balance training

*This is not a total list of all problems and solutions that exercise can bring for you.

Source:
“Mobility and Independence - Special Health Report”,
Dr. Scott D. Martin, M.D.,
Harvard Health Publications, Harvard Medical School

The annual estimated cost in Canada of illness, disability and death attributable to chronic diseases amounts to over **\$80 billion***.

Lack of physical activity is a leading cause for these diseases.

Source: [Integrated Pan-Canadian Healthy Living Strategy 2005, Public Health Agency of Canada](#)

Only 13% of adults aged 60-79 years meet or exceed the physical activity guidelines for their age group.

Source: [Directly Measured Physical Activity of Canadian Adults, 2007 to 2011 , Statistics Canada](#)

*approx. a fifth of total Canadian Government Spending every year.

–
**How often must we exercise
to maintain our youthful
energy and independence?**

—
6 days a week.*

40 minutes each time.

*(We would recommend everyday, but it's just too much to handle for most)

—
**Learn more about how to
maintain your health and
independence.**

VitalityFit.ca