

Live Stronger to Live Longer

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What is Strength?





2016 Arnold Strongman Classic





<https://www.masterfile.com/search/en/dad+lifting+kid+in+air>

Leading Causes of Death

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Accidental Injury
5. Stroke
6. Alzheimer's Disease
7. Diabetes

What Does Aging Involve?

- Loss of bone and muscle mass
- Loss of faster twitch muscle fibers = we get slower
- Reduced strength
- Increased insulin resistance
- Reduced production of testosterone
- Decreased digestion
- Brain Shrinks

What is Associated With Longevity?

- Grip strength
- Muscle mass
- Active lifestyle
- Sufficient and quality sleep
- Healthy relationships and community
- Consistent cognitive challenge
- Insulin sensitivity
- Testosterone
- Balance
- Vegetables and fruits

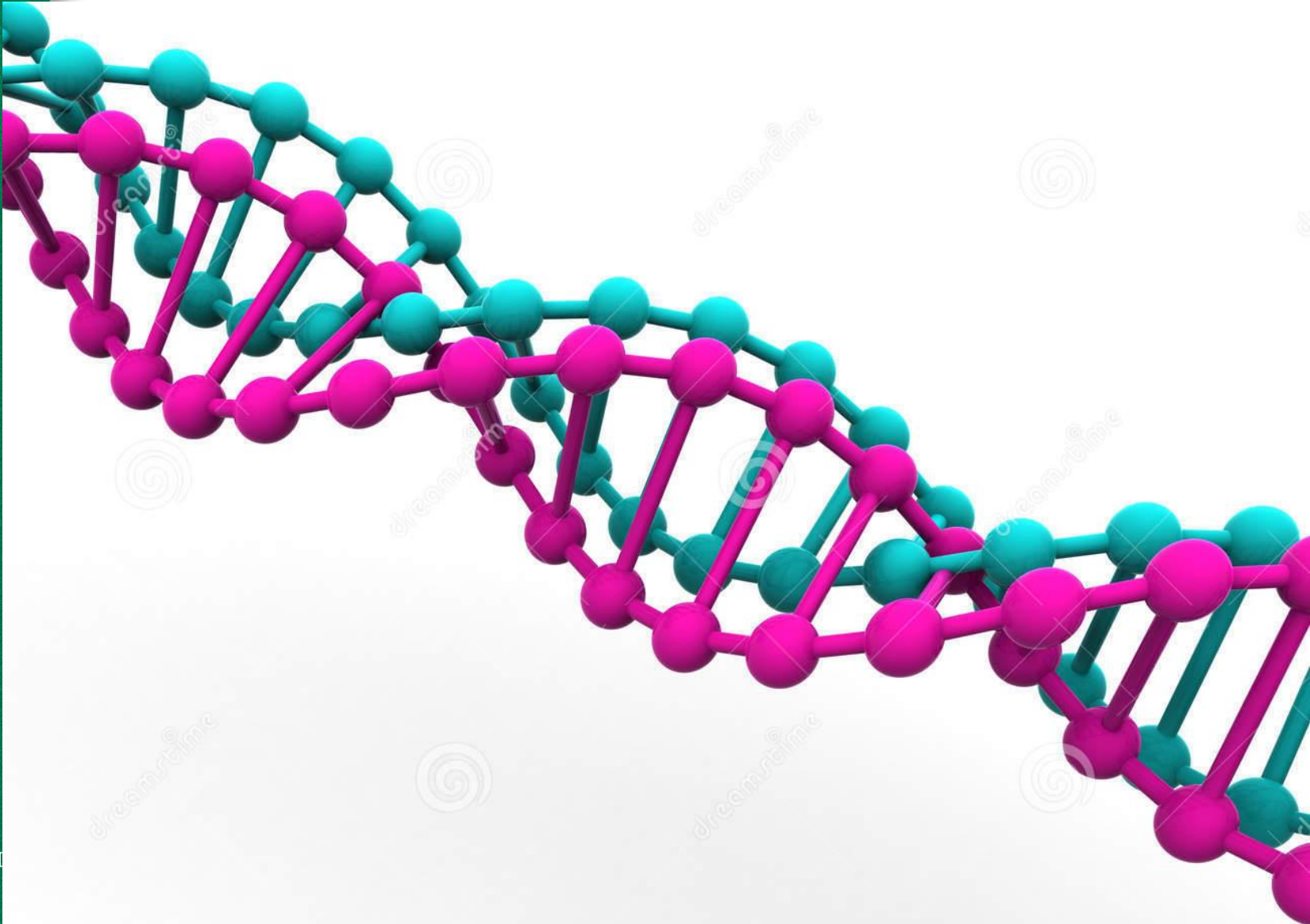
The Problem



The Problem

- The brain wants to be lazy - get food, sleep, reproduce, do as little as possible.
- The system wants to maximize efficiency.
- Muscle and bone are expensive and your body will not keep them around.
- Movement dysfunction does not self-correct. It multiplies.

Genetics



Muscles



Muscle

- Produces myokines - regulate gene cells including the brain relating to neuroplasticity
- Helps to regulate blood sugar
- Resistance and cardiorespiratory exercise impacts Brain Derived Neurotrophic Factor - BDNF
 - Improves nerve health, function and growth
- Resistance training positively impacts hormones including testosterone, DHEA, IGF1, growth hormone
- Improved metabolism
- Reduced risk of falling

Bone

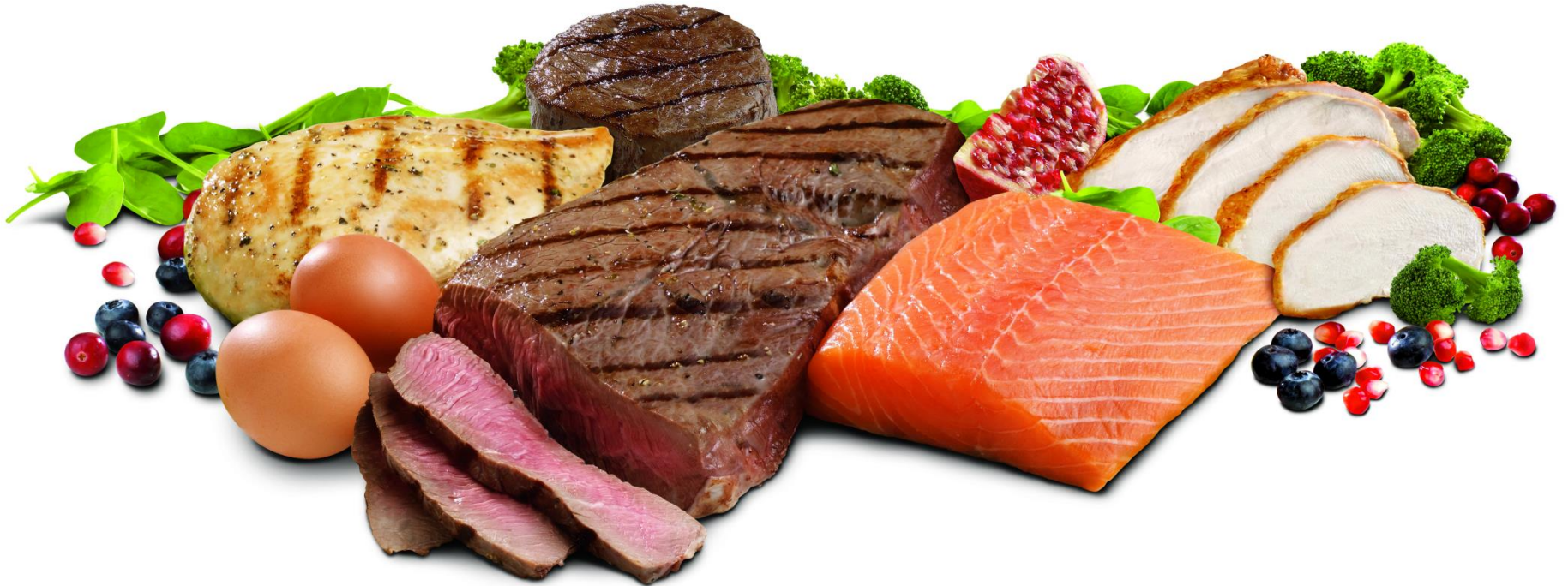
- Wolfe's Law
- Improved bone density = reduced risk of fracture = lower mortality
- Improved bone density = improved metabolism

Mental Health

- Memory
- Executive control
- Depression
- Chronic fatigue
- Quality of sleep
- Cognition
- Anxiety
- Self-esteem

<https://www.unm.edu/~lkravitz/Article%20folder/RTandMentalHealth.html>

Dietary Considerations



Minimum of 1-1.8g/kg of body weight
(0.5-0.8g/pound).

Current RDA is 0.8g/kg.

Ideas for Longevity

- Get 7-9 hours of sleep per night.
- Develop healthy relationships including friends, partners, community.
- Eat lots of vegetables and some fruit.
- Challenge your beliefs and work to solve interesting problems.
- Address pain with a professional as soon as possible.

Now What?

- Learn how to lift.
- Pick up heavy stuff on a regular basis.
- Carry heavy stuff on a regular basis.
- Get up and down from the ground every day.
- Walk over various terrains at various speeds.
- Address pain with a professional as soon as possible.

Functional Movement Screen

Final Thoughts

- The body works as a complex machine and just like all complex machines, it requires regular maintenance, attention when something is wrong, and specialists to help you fix it.
- “We are made to grow strong and age gracefully. Reclamation of authentic movement is the starting point.”
~Gray Cook

Questions?