Everyone wants to have a strong, healthy and good looking body whatever our age. As we get past 50, accomplishing this gets more difficult and at times can be frustrating. What I’m going to share with you in this article are some insights that will be absolutely critical if you want to look and feel your best whatever your age.

I have learned these things from 60 years of training and competing in sports. Some I learned the “hard way” by injuring myself. Others I learned from watching other people make mistakes....occasionally big mistakes.

If you apply these in your own training, you will be amazed at what you can accomplish. Your own limits are unknowable until you begin to train. You can literally achieve levels of fitness that you never dreamed possible.

On the other hand, if you ignore these ideas, you are most likely to find that you make only modest progress, and are constantly frustrated, injured and disappointed in what you achieve. In short, ignore these at your peril.

You have no doubt heard the expression “train smart”. That is what this is all about. I’ll be giving you guidance on how you can train smart. When you train this way, you get the optimal benefit from the work you do, avoid injury, and make progress on a regular basis. When you don’t train smart....you are in “harms’ way”.

You have probably heard that achieving significant gains in physical fitness or in sports is heavily dependent on your mental approach. That is 100% correct! Your mastery of a physical skill will depend heavily on your mental preparation.

To succeed in your goals of becoming fit, healthy and having a great look, you are going to have to begin with a sound mental approach. I’ll introduce you to several ways to use your mind to get the best results from your training.

With that introduction, let’s dive into the “secrets”. First I’ll offer you some ideas on how you can use your mind to transform both your fitness, AND important things in the rest of your life. These are the five mental keys to getting the most out of your training and your life.
Five Critical Tips: Short - but True

1. Beware of the “quick fix”. If it is too good to be true, it IS too good to be true.

In my 60 years of training and playing sports, I have seen an astonishing number of fitness fads come and go. Generally they appeal to people’s desire for instant gratification. This takes the form of a short cut to achieving something that is usually obtained only with lots of work.

Most of the great “innovations” that actually produce results are recycled from the 19th and early 20th century. My personal favorites are kettlebells (dating from around 1850), interval training (first used in the 1936 Olympics), powerlifting (“odd lift” competitions dating from the 1920’s), and a huge variety of training programs based on calisthenics (from the 1890’s or earlier).

Every year there are a bunch of products or programs that promise to produce Olympic level fitness by training five minutes a day three days a week. This is because of an alleged “miracle new discovery” that allows fat to be directly converted to muscle through a “biologically inconceivable process”….or some such fantasy. In the end, these “miracle breakthroughs” vanish faster than a burp in a windstorm once the marketing hype is revealed to be the only thing actually working.

The biggest problem with many of the “fads” and “miracle breakthroughs” is that if someone buys into one of them, that person may forfeit any real chance they have for success. A person who wants a “miracle” may quickly discover that the promised results are not going to happen. At this point, the chastened individual may give up hope and not try anything further. They paid a very high price to learn a lesson that could have been very useful down the road. But, instead, they retreated from the field, and gave up trying.

You should clearly understand that in the area of fitness, and every other important area of your life, the only thing that will produce results is focused work. The old expression “there is no free lunch” applies to fitness, relationships, career, health, and so on. You have to make the effort, and do your best to “get it right”….and then DO the work.

2. Supplements….some basic advice.

Most people who are training regularly take some form of “supplement” to help them get better results from their training. The issue of supplements is complicated, because you can get benefit from some supplements but it is best to think of the supplement issue as follows:
First, make certain you are eating properly. You should have a good diet for someone who is training hard. There are a few eating programs out there that will meet your needs for nutrition and adequate intake of carbs, protein and fats. My personal favorite is a modified version of the Paleo diet, but other programs may work better for you. Check my website for thoughts on this.

Second, you need to understand that you have to reduce your calories to lose fat, and insure adequate protein intake to build muscle. Forget any hype about calories “not counting”, or some murky claim that a miracle food will chisel the fat off you. Track what you eat....and everything that goes in your mouth counts....

Third, if you are eating a good diet for someone training hard, and keeping your calories in line with your training goals, here is my advice on the basic supplementation you should consider.

Protein supplements have been one of the mainstays of physical training since the 1950’s. These days there are many high quality products on the market. If you are training hard, it is essential that you insure that you get roughly 1/2 gram of protein for each pound of your body weight. In other words, if you weigh 150 pounds, you should get at least 75 grams of protein each day. This should be taken throughout the day so that the body can absorb and use it. Too much intake at one time means that you will not convert the protein, and it will simply pass through your intestines.

In addition to protein, I would advise any man over age 50 to insure that they get one teaspoon of createne each day as well. In rough terms, this helps the body convert protein to muscle. If possible, mix creatine with protein powder and consume it within 30 minutes of the end of your workout.

Vitamins and minerals are also essential for optimal health. It is usually wise to take a multi-vitamin supplement, as well as high quality fish oil. You may also want to take 1000 units of Vitamin C and 400 of Vitamin E to counter the oxidative stress generated in workouts.

If you are training really hard, AND you are eating properly and doing the basic supplementation noted above, then you may want to consider some additional supplements. You can check my website for thoughts on this. Nothing is magic, but if you insure that you have the basics taken care of, then you will make good and consistent progress.

3. Things to avoid like the plague

The temptation to seek a shortcut is always present. There are a number of “anti-aging” products on the market that may sound appealing, but have a sinister downside.
Hormone replacements are one of the more popular products that are being sold to men seeking to recapture a youthful body. These products are heavily marketed to the general public with the idea that many will go to their doctors and ask for them. For example, the focus on “Low-T” products has been created almost exclusively by marketing campaigns.

The big problem with “hormone replacement” therapies is that they sound simple, like replacing the battery in your car. In reality, introduction of hormones not made by the body regularly creates a witches brew of unanticipated consequences and poor results.

First of all, the history of hormone replacement therapy should not inspire any confidence in the practice. About 15-20 years ago, standard medical practice was to give women hormone replacements during and after they went through menopause. This turned out to be a massive disaster as huge numbers of women developed cancer, and other serious conditions. Currently, hormone replacement for women is NOT widely used.

If a man is considering hormone “therapy” (mainly testosterone replacement), he should remember the past blunders by the medical profession on women’s hormones. Several physicians are currently raising questions about the value and risks of hormone therapy for men.

As a regular reader of several medical journals, I am struck by the limited evidence to support prescribing hormone replacement products for men. There are two main problems: 1) hormone replacement therapy appears to offer very limited and inconsistent benefits; and 2) there are some modest but notable risks involved, such as increased rates of cancer. 3) It is well established that the user’s body stops making the hormone on its own, and becomes dependent on the therapy dose. In short, when you stop taking the therapy dose, your body does NOT start making the hormone as it did before getting therapy treatment.

Correcting this situation can take months or longer. Weaning subjects off hormone therapy is difficult, expensive and can substantially disrupt the patient’s life for an extended period.

Bottom line: except for men with extreme low levels of testosterone, taking hormone replacements seems to be a risky proposition with apparently minimal positive outcomes.

Another hormone treatment that should be avoided is taking Human Growth Hormone (HGH). A few years ago HGH became a popular treatment in some anti-aging clinics. The initial results of these treatments are often positive, but over time they produce some horrific results.

Among the “unanticipated consequences” of HGH injections is that they cause many different parts of the body to “grow”. While bigger muscles may be nice, most of the other effects are dreadful. For example, you may have noticed that several competition body builders have a
very pronounced pot belly even though they have almost no body fat. The pot belly comes from HGH making the intestines grow. This is an irreversible condition.

Other parts of the body grow as well....like the jaw and forehead. This gives the user a “Cro-Magnon man” look that scares regular people. If you took HGH because you wanted to look good, the caveman face and pot belly would be cruel reminders of a treatment gone terribly wrong.

Other “performing enhancing drugs” (PED) should be avoided at all costs. From a distance, it may sound like big time athletes are popping these like they were M&M’s, but don’t be misled. These substances produce some of the most horrific internal body chemistry you can think of. The short term effects include having your hormones in a turbulent state. In short, your body feels like a passenger on an airplane flying through a bad thunderstorm.

Long term effects using PED’s are all over the map. From anabolic steroids one can get development of breast tissue (aka “bitch tits”), facial distortion, massive acne, violent mood swings (aka “roid rage”), high blood pressure, excessive body hair, and some other fun things.

Anabolic steroids offer the user a one way ticket to a very sad place. If you are over 50, you really don’t want to go there. The positive cosmetic benefits are very short term and temporary. Recovery from these “treatments” can be very expensive, and personally devastating.

Let me offer one final note on why messing with your hormones is a really bad idea. This comes from my observations in many gyms over several decades, and talking with bodybuilders who have been taking steroids, HGH or other PED’s.

There is a vague belief that you can use steroids or HGH to build up muscle, and then quit taking the product while you retain your newly acquired muscle mass. Remember, there is no free lunch. If you build the muscle with PED’s, the muscle will wither when you quit taking the drugs. I have seen this happen on several occasions.

Trying to maintain the muscle mass developed with PED’s means constantly self-medicating with different drugs, while your hormones (and your mind) are in constant turbulence. This is a horrible condition to be in, and certainly one that you don’t want to have when you are over 50.

I would like to end this dirge on a high note. The good news is that it is possible to develop a phenomenal physique without using PED’s of any sort. It takes work, commitment and discipline, but it is possible for anyone over 50 to make massive positive changes in their body.
with exercise, proper diet, and focused energy. The muscle you build stays with you and is not dependent on taking a shot or rubbing cream on your skin.

Unless you have a really serious hormonal problem, or some other unusual physical condition, your best course of action is to: 1) eat properly (20-25% protein, 15-20% good fats, and 40-60% carbohydrates); 2) exercise regularly (3-4 times a week); 3) get adequate sleep (7+ hours per night); and limit your intake of sugar, refined carbohydrates, and alcohol. I didn’t mention smoking, because most people have already quit…..but if by some chance you have not done this….do it NOW!

4. Simple moves to keep a full range of motion

When you are younger, it never occurs to you that you might begin to lose your range of motion in a lot of different movements. However, most people unconsciously begin to shorten or restrict their range of motion in many movements as they get older. When they were kids, they thought nothing of climbing things, crawling under things, and getting up and down off the floor. When they get older, a lot of people suddenly realize that they can’t bend down and reach under a car, or crawl under the house to fix something.

There is an easy way to keep your flexibility and not lose the ability to do a lot of really cool exercises. If you make it part of your regular warm up, you won’t have to think twice about losing a lot of flexibility as you age.

I’m not referring to either Yoga or “stretching”. Yoga is great….and static stretching is really bad for you. This is something much simpler.

First of all, during your warm up be certain you get all the way down on the floor and get back up any way you want. You can work on getting off the floor without using your hands. The whole idea is to minimize the assistance you need getting off the floor.

Another simple move you can do during warm ups is to gradually lower yourself into a deep squatting position, with feet flat on the floor. You can vary your foot spacing, but generally if your feet are wider than your shoulders, you can go into a really deep position.

You can also do deep squats with your arms overhead. This is the deep position on the Olympic snatch. This movement will require flexibility in all of your upper and lower body. For warm ups, I would recommend little or no weight. A broomstick or a PVC pipe is a good bar in this case. Remember, the purpose is to keep a full range of motion, not lift weights.
There are some super exercises to keep strength and flexibility throughout your range of motion. The wrestlers get up is one of the very best. Doing overhead squats with a light weight is also good. The latter can be of the one or two arm variety.

If you have not done moves like this for a long time, even if you work out a lot, you may be surprised at how difficult these are. Don’t be discouraged, just stay with them for a while and you will find that you quickly master them.

5. **Have a PLAN and keep a written record of every workout**

Based on years of observation, I would say that close to 90% of the really successful lifters, runners and athletes I have known write down everything they do in their workouts. By the same token, very few of the mediocre or less successful people bother with this.

If you want to make your training count, it is a good idea to emulate the habits of successful people. By recording everything you do in a training session you have the tool to monitor your progress (or lack of it), and the critical ability to see what works for you, and what is not working.

Here is one piece of training advice that should be burned into the minds of everyone working out:

"**If you have no plan, your plan is to fail!**"

People who achieve significant goals in fitness or anything else begin with a plan, and then monitor what they are doing, where they are, and whether the plan is working or not. The plan is literally *what you want to accomplish in a coming time period.*

You would never dream of taking off on a car trip without some idea of *where* you were going. If you don’t know where you are going, any direction is OK.

Years of watching people in gyms work out have convinced me that most folks are pretty much into doing the equivalent of jumping in the car and driving in *any* direction. Their workouts are basically movements at random. They seem to have only the vaguest notion of why they are doing them. This approach will get you sweaty, but won’t accomplish much else.

If you are going to put in the effort and energy to train regularly, you should have a *plan* for what you want to accomplish. Otherwise, you have no clue about whether you are accomplishing anything or not.
Good training plans are usually made for 30-60 day periods. This is long enough to produce measurable results, but not long enough for one to become stale. Regardless of the type of training one does, it is essential to understand that lots of programs produce good results, but none of them produce results for very long. It is essential to change a program every 30-60 days if you want to make progress, or avoid plateaus.

Now, let’s turn to an absolutely critical aspect of successfully building a virile, powerful body...your mindset.

The “mental” part of fitness has a huge impact on whether you succeed or fail. How you think about what you are doing will in large measure determine whether you “sort of” get the results you want, or wind up looking good and get to be super strong.
Five Mental Keys to Building a Powerful Body

1. You must take COMPLETE responsibility for your own health, fitness and happiness.

This is the first item on the list because it is the foundation for all the other things that follow. If you embrace this idea, then you have a solid chance to succeed.

Begin by recognizing that the body you have is the one and only one you will ever have. You need to care for it, and treat it as the vessel in which you will experience your life...all of your life.

The great author George Bernard Shaw said that people should recognize that “a sound body is the product of a sound mind”. In short, being strong and fit is the consequence of having your mind guiding your training. Take this to heart.

Taking full responsibility for your own health, fitness and appearance means that you have a different perspective on caring for yourself than you may have now. This is certainly different than the view that most people seem to have.

A few years ago, I read an article by a well-known literary figure who described the view he had of his body as “a junk car” that “hauling my head around”. His head “looked at things” and “made comments”, etc. The body in this case had lots of back pain, headaches and used lots of coffee, whisky and cigarettes. At an age of 42, the “junk car” was pretty much “shot”. At that point, he discovered “fitness” and began the process of trying to repair the accumulated damage of many years.

While this example probably does not apply to you, it illustrates how people tend to think of their body as something separate from “them”. Rather than see their body as something to be cared for, they view it as a possession, like a car, that can be “fixed” when it is damaged or broken.

This sort of thinking leads to some very damaging or self-defeating actions. The most common is to “go to the doctor” to get a pill to deal with a chronic problem that is based in a poor lifestyle. As a society, we are encouraged to take vast amounts of medication for conditions that in many cases could be eliminated by a healthy lifestyle.

When you take responsibility for your own health, you take responsibility for:

- everything you eat
- the drugs you take
- your physical activity level
- your body fat
- your habits
-how you spend your time and money
-whether you smoke or use recreational drugs

The doctor’s real job is to care for you when something dramatic happens like an accident, a
dread illness, or something that you couldn’t prevent with self-care. In the words of a physician
friend of mine, “if people took good care of themselves, I would see half the patients I now see…”

So….the first thing you need to do is assume that you and you alone are responsible for taking
the best care of your body that you can. When you do this, several things happen….all of them
good.

When you assume responsibility for your own health (and everything associated with that),
your view of how you eat, what drugs you take, and how you exercise take on a different
meaning. You are not “being told” to be on a specific diet. Instead, you have decided to eat a
certain way for your own benefit.

When you exercise, it is for a specific objective that you have decided upon. It is not for some
vague open ended idea about “getting fit”. Recognize that all the actions you take that impact
your own body are choices that you make.

2- Being fit and healthy is a “lifestyle”, not just “working out”.

If you want to look and feel great at any age, you need to clearly understand that being fit,
healthy and looking good come from living a healthy lifestyle. Working out is one part of this
lifestyle. Nutrition is another part….and having healthy habits is another. All of them work
together.

How you mentally approach the “fit lifestyle” will have a huge impact on whether you succeed
or fail. If you adopt the notion that this is a journey….NOT a destination, then you will find that
everything you do to be fit and healthy is just part of who you are….not something imposed on
you from the outside.

There really is no “finish line”. You are not aiming at achieving all your dreams when after
much toil and struggle you reach the magical body weight, or lift some specific weight. In real
life, you need to focus on the process of being healthy and fit, and enjoy each part of it.

When you approach it with this attitude, the “pay off” for the fit and healthy lifestyle happens
every moment of every day, not at some distant point in the future. The payoff comes every
moment when you sense:
• How you feel in your own skin...strong, clear headed, happy, light, etc.
• How you look
• How you never think about any physical limitation on what you want to do
• How you are free of chronic conditions like obesity, hypertension, or addictions
• You enjoy the satisfaction that comes with doing good things for yourself

Too many people become fixated on the future in a really self-defeating way. Dump the notion that you will be “happy” or “successful” when you finally get your body fat to 5%, or fit into some micro-sized suit. You should feel great when you are doing the right things regularly.

For example, being “on a diet” is like holding your breath. You can do it for a while....but when you finally decide to take a breath....you gulp air like mad. This is why people who drop drastic amounts of weight will typically put it all back on within a year. That person you saw on the cover of a tabloid in the super market check-out line (last year) who dropped from 450 to 220 pounds is probably currently “hovering” around 465.

The idea is that in order to sustain what you want to achieve, you have to embrace and live the idea that you introduce changes in your life that will keep you doing what is good for you in the long run. In this case, you change the way you eat all the time. You can’t just “diet” for a few weeks, and then revert to the pattern that was unhealthy.

One major way you can sustain needed changes in your life is how you think about them. For example, if someone needs to change their eating habits, many people will focus on what they have to “give up”. They think “poor me....no more doughnuts, muffins or cake....eating won’t be any fun!!!....”

With this thought pattern...every time a chocolate chip cookie comes into view, your resolve is tested to the max. This is a set up for failure...because eventually the cookie will win and you’ll hear yourself say “I really need this cookie, it is OK to eat it...this time..”

Rather than focus on what you “can’t have”, think of your eating pattern as “this is how I eat because it is great for me..” If it sounds overly simple, just remember, you are a strong and intelligent athlete who does the things that create a great life. Crappy junk food is for those who have never made the choice to have a great life.

The key is that you made the choice. This is how you chose to live. You are not at the mercy of taco chips, mocha latte’s and corn dogs.
4. You are in control of everything you think...that’s good news.

Each of us goes through life with a series of thoughts in our mind that we never question. These are the “working assumptions” we have about how the world works, and how we fit in to the grand scheme of things. Most of these thoughts are NOT based on any real data, but because “everyone” in your circle agrees that they are true, many of us accept them without question.

Many of these unexamined assumptions can be crippling forces in our life. We accept them as “the truth” when in fact they are nothing more than a belief we have about how “things” are presumed to work.

The first of these that pertain directly to fitness, or any other endeavor in your life, have to do with how people think about their own potential for success.

Many of us grew up accepting the idea that at birth we were blessed (or not blessed) with certain “talents”. Some of us were supposed to be “smart”, some “good athletes”, others were supposed to be “good at math”. The point is that we accepted the idea that the possibilities in our lives were defined by the “talents” given (or not given) to us at birth.

By assuming that our talents were fixed, we also bought into the idea that we had certain limits beyond which our “talents” would not permit us to rise. The “smart” people would always be good at “smart people” type things, and the “good athletes” would always be good at sports, etc.

In the past decade, researchers have been looking at both the consequences of thinking this way, and the validity of the entire idea. Psychologist Carol Dweck has done extensive research on how accepting these limiting ideas impacts people. Her most profound discovery has been that when it is pointed out to people that these assumptions about personal limitation are shown to have NO basis in fact, it liberates people from the huge burden of feeling confined to a small niche in life.

In direct contrast to the fixed capabilities idea, is the notion that a person’s abilities and eventual capabilities are essentially unknowable until they begin working at something. In other words, in the real world, if a person assumes that they can learn how to do something new, or become proficient in an area previously believed to be “beyond them”, they are correct.

This is known as the growth assumption. The good news is that it is the actual way that the world works. If you apply yourself, work diligently, and learn from mistakes, you can dramatically improve your performance in just about anything.
I have written more extensively on this topic and how it applies to fitness, staying youthful, and enjoying life. For now, understand that if you feel limited by your assumed “talents”, recognize that this is merely an idea in your head.

Now, this is not to say that any of us can become LeBron James, or Steven Hawking. It does say that until we work at something, we have no idea how good we can actually become.

If you approach life with a growth mindset you will find that many things open up for you that previously seemed closed. You will also be freed of an anchor on your life and your potential.

If you are seeking success in training, or in life, another factor that has a massive impact on how far you rise are the people you regularly associate with.

Some of you may know about the “rule of 5”. Based on substantial university research, the “Rule of 5” essentially says if you want to know a person’s income, thoughts, and aspirations; you simply need to know the income, thoughts and aspirations of the five people with whom they spend the most time. In short, your associates will define how far you rise.

Think about the implications for you when it comes to your training. If you train with a bunch of under achieving “mallet heads”, you will achieve about the same things they do. If you train with someone who is highly successful, you will rise rapidly as you learn how he achieves his objectives. You learn not only what the successful person does, but how he goes about it, how he thinks about it, how he feels about it…..etc.

The same type of rule applies to managing your life. If you hang out with people who are scattered and disorganized, you will be too. If you hang out with fat people, you will be fat. If you hang out with negative complaining people, they will suck the life out of you. If you hang out with angry and depressed people…..by now I’m sure you get the point.

If you want to succeed at your training, you need to find someone who has achieved the level of success you want, and either train with him (or her) or arrange to be coached. If you work with champions, you will rise rapidly. If you work with losers you will become one of those.

It will be best for you if you select associates who energize you and keep your enthusiasm high. What you don’t need are dour people who put out lots of negative energy. If you have such associates, your life will improve dramatically when you drop them.
5. Managing your life – You decide how to spend your time and energy

There are many things that happen in our life every day that take time, effort and energy. One of the biggest things anyone can do to enhance the quality of their life (including workouts) is to take charge of how you spend your energy.

Every day we hop out of bed looking at a day in which we will have a lot of competing demands on our finite supply of energy. The key to having good training sessions AND a good life is to manage how we spend the limited resource we have of both time and energy.

All of us are familiar with a life pattern where we are “multi-tasking”, being stressed out, working brutally long hours and racing around like a hyper-active hummingbird from one appointment to another. The net effect of this type of living is called “burn out”.

Having lived in good sized cities most of my life and having had a professional career that was quite stressful at times, I sympathize with the way that all the demands of life can become overwhelming. However, it is also possible to manage how you spend a lot of your time, and control how you react to stress. Managing your energy has a big impact on how much “juice” you have for working out, for your family and other priority activities.

Not everyone can control their own schedule. But, everyone can control how they react to every day stresses. For example, if you are stuck in traffic and going to be late for a meeting or picking your kids up from school, becoming hyper agitated and getting mad is not going to make the traffic clear any faster. You may be frustrated, but since there is nothing you can actually do about the situation, it is best to relax and not tax your nervous system.

Even for those who have the least amount of discretion about how we spend our time, there are still some things we can do to control how we burn our own body fuel. As you might imagine, spending as little time as possible with people who drain your energy is a good start. There are plenty of folks who will spend as much time as you will allow rambling on about nothing, and complaining that they don’t have time to do all the things they want. These are known as “time vultures”. Give them an early gate.

You have to re-charge yourself during the day, or you will be a basket case by evening. Men and women do this very differently, and it is important to recognize this. After years of research Dr. John Gray found that men restore their energy by having quiet periods in their day. This is particularly true when they arrive home from a busy work day.

Women on the other hand recharge in a different manner. They get the same revitalization by socializing and interacting. You can see that if one does not understand that these approaches
are driven by hormonal differences, it would be possible to think that one strategy (or the other) was completely ineffective.

The point is, it is essential that everyone control how they spend their limited resources of time and energy if they are going to allocate these scarce resources to the highest priority activities. You can have the best mindset in the world, but if your schedule is totally out of control, you are not likely to get the results you want….in much of anything.

Your mindset is one to the biggest potential assets in getting the success you want in all areas of your life. It is under your control, and if you use it to your maximum advantage, you can achieve things far beyond anything you imagined.

I have introduced five critical ideas that you can use to get the most out of your training…and other parts of your life. Now, I’ll give you five “quick tips” that will be of great benefit for developing a youthful and healthy body after age 50.

OK….put these ten ideas into practice and you will build a powerful, virile great looking body. Ignore them and you are likely to fall into what is known as the “results free zone”.

Remember

- Your habits and routines will drive how effectively you train.
- Success does not happen without a plan
- YOU are in control of most of the important things in your life

Let me close with a few “one liner’s”. There is a lot of information behind each of these, but if you apply them, you will see many positive results in your training.

Richard

www.MidLifeHardBody.com
Bonuses Tips: Training One Liners

Regardless of whether you are a long time devotee of fitness, or just getting started, some of these ideas might be helpful. Whatever your background, physical training can be one of the joys in your life. Part of the joy comes from mastering new things....and part of it comes from learning how to connect your body and your mind.

Here are a few “one liners” on training and conditioning. Each is worth a long article, but if you grasp the fundamental concept, it can be a big help to you in your personal pursuit of health, fitness and happiness.

1) It takes a LOT of time to get in good condition. If you try to rush getting strong, you will get injured. Take your time and build up gradually.

2) When training, the effort you put out in most workouts should be (subjectively) about 70-80% effort. Over time the weights you use will be much larger than your original “70-80%”. If you put out 100% all the time, you will quickly burn out and get weaker in the process.

3) Dump the headphones and concentrate on what you are doing in training.

4) Building your body should be a way to re-connect with your “inner kid”.

5) Focus on the process of training, not on the end result. Enjoy the process!

6) A modest amount of aerobic training is necessary for brain health. This is particularly critical for people over age 50.

7) Have FUN!

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