

# Why Women and Men Over 50 Should NEVER Try to **"LOSE WEIGHT"** *... and What They Should Do Instead*

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It seems that you cannot turn on your television, radio or computer these days without being bombarded with another advertisement on how you can quickly and easily **"lose weight"**.

Running a close second to weight loss ads are the commercials on how to gain energy, build muscle and slow down aging.

And if you ever watch television around dinner time you are sure to see an ongoing parade of prescription drug or all natural herbal supplements commercials convincing you that they will make all of your health, aging and performance issues instantly disappear!

And as usual, almost all of what is being advertised simply will not truly solve anyone's issues with excess body fat, weak wimpy muscles, low energy, premature aging or poor health.

Almost all of the solutions have to do with easy "just take this" pill, or potion or "just eat this" newly discovered super food and everything will get better for you!

Putting better food and nutrients is



always a great idea of course for our health, youthfulness, leanness, appearance and energy levels.

And I fully support anyone's efforts to do that. But here is the full truth.

**You can never achieve** an improved or perhaps even great over 50 body, health, fitness, energy levels, leanness or youthfulness simply through what you put in your mouth.

**And, as you will soon discover, the goal of "losing weight" is not good for a person of any age.**

But as we age and push past 50, the goal of "losing weight" can be even more damaging to our health and progress than it is for people under 50.

I will explain why in greater detail shortly, but for now here is the short explanation.

When people are just focused on becoming smaller and lighter versions of themselves **they often do not pay attention to where the weight they want to lose comes from.**

When a person actually is successful at lowering the numbers on their scale however, the weight that they lost comes **primarily** from two places.

**Fat and muscle.** But here is the real problem with weight loss.

Research has shown that unless muscle preserving systems are in place to prevent any muscle loss while attempting to "lose weight", **up to one third of that weight loss will come from muscle tissue.**

**Zig Ziglar once said, "If you want to be terrific, you must be specific". The phrase weight loss is not specific enough!**

You want to lose **FAT**, *not weight*.

A person over 50 should work like heck to  
**NEVER EVER** lose any muscle.



The  
bottom  
line is  
this. As a  
woman  
or man  
over 50  
you  
simply  
**CANNOT**

**afford to lose any more muscle!**

So your goal as a person over 50 will be to lose fat, not muscle.

There is a simple, healthy and relatively easy way to do that.

But for now I want to drill home the fact that losing ANY muscle that you have will actually ***speed up*** aging, damage your health, worsen your body composition (increase fat and reduce muscle on your body) and reduce your energy levels.

Additionally, many of the popular "weight loss" programs focus on and feature their food and nutrition systems alone.

They make no mention of the need for muscle preservation systems (such as full body functional strength training) as a part of your healthy lifestyle.

And very rarely do you ever hear any intelligent discussion of the need to focus on losing fat and maintaining or actually increasing muscle.

WHY? Well, because that would mean you would actually have to do some work.

And yes, it is true that there are millions of lazy people in this world who do not want to do any work. They would rather pop a pill and hope to see a miracle.

They will be waiting forever of course but that promise does sell.

And, so do the words, "weight loss". Because the truth is, you can "lose weight" by just eating less for a few weeks and not exercising to preserve or add any muscle.

So that is why you see the words "weight loss" plastered everywhere across marketing, media and even the medical profession.

Just a quick note for those of you who think that I am advocating building muscles like a bodybuilder. In 2005 I wrote a 350 page book explaining why women and men should work hard to maintain as much muscle as possible.

I wrote that book to dispel many of the myths around strength training and muscle.

But for now I want to provide a short bullet list of why you want to hold onto all of the muscle that you have and very likely increase it some:

- **Up to 70% of your metabolic rate comes from how much muscle you have on your body**
- **A pound of muscle on the body is only 1/5 the size of a pound of fat. Muscle does NOT make you bigger. It makes you smaller☺**

- Fat can only be “burned” by going through a muscle cell. Muscle is the furnace where fat is burned.
- Mitochondria, the cells powerhouse and energy creator, live in muscle tissue, not fat tissue. The more muscle, the more mitochondria, the more energy, the more power, the more fat used as energy.
- A pound of muscle on the body burns between 50-90 calories per day, a pound of fat only 2-9 calories per day. Muscle is the engine and batteries, too much fat can be the anchor that slows you down and keeps you stuck!
- Women cannot easily build muscles like men because they do not have enough testosterone (what makes men and women different) in their bodies.

I just wanted to clear that up before I move on for those of you who have never heard me teach or read my earlier book.

But also before we move on I want to make it abundantly clear that improving your food and nutrients **ALONE** will never really slow down aging or truly improve your youthfulness.

**NEVER.** And, this is even truer too for those of us over 50 years of age or approaching 50.

The truth is that if we are going to ***thrive past 50*** we are going to have to change our focus from trying to “lose weight” and instead focus on improving three key essentials to better and possibly awesome over 50 fitness, health and wellness.

But before we get to these three key areas, let’s tackle in a bit more detail why the goal to “lose weight” is such a bad idea. Especially for people over the age of 50.

# Why “Losing Weight” is a such a terrible, no good very BAD Idea for Women and Men Over 50 years of Age!

When people talk about losing weight, *getting a better body composition is really what they are after.*

Body composition is basically the ratio or amount of fat versus muscle that a person carries around on their bodies each day.

As discussed previously, the problem with focusing on just “losing weight” is that it does not concern itself with where the loss of weight comes from!

So, people go on crash diets, get surgeries etc and sometimes they are successful at actually lowering the numbers on their scale and taking up a little less space on the planet.

However, as also discussed above but which bears repeating - when the focus is just on getting smaller and “losing weight” through food restriction alone, **up to one third of the lost weight often comes from muscle weight lost.**

And this is exactly what people over 50 **DO NOT WANT!**

People who are actually able to drop pounds and size without a concern for muscle end up losing muscle and with smaller but weaker, softer, flabbier lower performing and less healthy bodies.

**Those people are what trainers call “skinny fat” people or, “smaller fatter people”.**

So again, the last thing **any person** wants to do is to lose any muscle they have! And again, this is even truer for those of you over 50.

I may be being overly redundant here (quite sure I am☺) but want to be certain you know the following **for sure:**

- **When you lose muscle you actually damage your health, immune system, appearance (saggy looking body and face), ability to be lean and energy levels.**
- **You also speed up the aging process and reduce your body's mobility, balance, strength and power. You simply cannot let that happen if you want the best for your life for the rest of your life.**

And, the reason this is so is because of the **number one cause** of over 50 poor health, too much body fat, low energy, premature aging, reduced mobility, joint, back, knee, hip and shoulder pain and more.

And that number one cause is known as...

# ***SARCOPENIA!***

If you have seen and read through the [www.50fit.net](http://www.50fit.net) web site then you hopefully already have some understanding of sarcopenia and why it happens to people as they age.

Hopefully you can also see how sarcopenia can damage your over 50 fitness, health and wellness IF YOU DON'T PREVENT OR REVERSE IT.

But most important of all (to me at least!) is that I want you to see and believe that you do not have to be a victim of sarcopenia.

And, if you are already experiencing its effects, you can reverse it and prevent it from ever returning!

If you have not read through my [www.50fit.net](http://www.50fit.net) web site and missed the section on sarcopenia, I would urge you to do so ASAP.

In the meantime, I will provide a very brief outline and review of sarcopenia.

Sarcopenia is the condition of what some people call “age-related” muscle loss. It is a Greek word that means “poverty of the flesh”.

It is usually seen in healthcare settings with elderly and cancer patients. This is where the patient is losing muscle weight at an advanced and oftentimes ***life threatening rate***.

And the reason this type of sarcopenia is life threatening is because as a patient loses muscle weight they also lose strength, energy, appetite for nourishing foods and their immune system is compromised and weakened.

These issues are of course the exact opposite of what any person wants. But especially a person fighting to regain their health!

**On the other hand, there is a form of sarcopenia that is negatively affecting the lives of untold millions of people over the age of 50 across America and many other industrialized countries throughout the world.**

And this is what I call “**lifestyle related sarcopenia**”.

This is where I differ from many of the other sarcopenia “experts”.

Much of what you hear about sarcopenia is that it is “age related” and because a person is simply “getting older”.



My strong belief and argument is that ***it is not age related***. This idea is being put forth by people who have not lived the lifestyle that I live, teach and wrote about in my **50FIT** program.

Rather, for almost everyone over the age of 50 experiencing muscle loss, fat gain, poor health issues, declining energy and mobility (ability to move), back, knee, hip and shoulder pain, **the primary cause IS NOT your age.**

Instead, it is a lifestyle too many of us over the age of 50 volunteer for and needlessly endure. And, like the accelerated muscle wasting and life threatening sarcopenia elderly and cancer patients described above are facing, lifestyle sarcopenia we accept is life threatening too.

It just takes a little longer.

For a variety of reasons many people over 50 find themselves stuck in a lifestyle of declining and ineffective physical activity, ongoing negative stress and eating too much substandard food on a regular basis.

And it is that type of lifestyle that causes us to lose our precious, life preserving, life sustaining and life giving...muscle tissue.



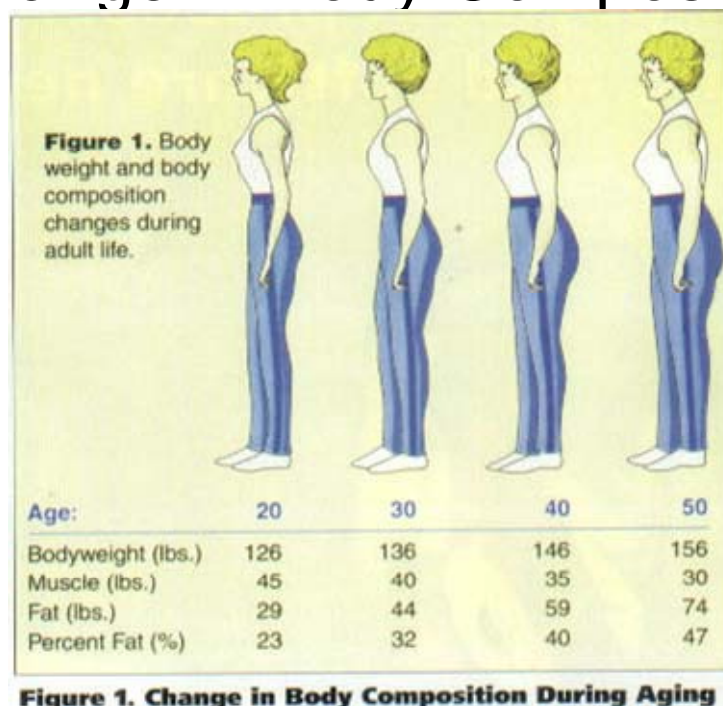
And the truth is that for many people, this type of lifestyle and its muscle reducing effects begins to take hold at around the age of 30 for millions of women and men.

Research by Doctor Wayne Westcott (and others) in fact shows that at the age of 30 most people begin to lose ½ pound of muscle per year due to the three lifestyle issues above.

That of course is 5 pounds per decade. Furthermore, the average person loses 15 pounds of muscle between the ages of 30 and 60.

Please see below an example of how this can affect a person's body.

## Change in Body Composition



The example above uses a woman to demonstrate how **losing muscle weight** actually causes you to ADD body fat and all of the negative consequences that brings.

Sorry, I know the numbers are small, but if you can see the muscle weight of the 20 year old woman is 45 pounds and her fat weight is 29 pounds. Those are good numbers.

Unfortunately, at age 50 the same woman now has only 30 pounds of muscle and 74 pounds of fat! Not good numbers!

Again, that is because of the three factors mentioned; declining and ineffective physical activity (just using walking as exercise for example), too much negative stress and eating too much substandard food.

The same scenario above happens with men as well though. The major difference is that the weight gain from fat for men usually shows up in their belly while they lose muscle in their arms, chest, shoulders, back, butt and legs.

Men too end up being "skinny fat". For example, have you ever seen a middle aged man with a big belly, skinny weak looking arms, pencil like legs and a sunken chest?

I see them everywhere and they are a perfect example of a "skinny-fat" man. However, there is good news for them and for you too.

## **No one needs to be a victim of sarcopenia.**

And for those who already have, it can be quickly reversed.

So what is the solution to sarcopenia? I will answer that shortly but it is definitely not going to be found in a pill or a prescription drug!

Yet that of course seems to be where the drug companies and the health care field are already looking for answers!

According to an article in the Wall Street Journal written in June, 2014 , "Researchers are looking at promising treatments (for sarcopenia) including inhibiting a naturally occurring protein called myostatin that curbs muscle growth. Pharmaceutical companies already have drugs in the pipeline that act by blocking myostatin or blocking the sites where it is detected in the body, potentially rebuilding muscle.

From another article in the Wall Street Journal, August 2014: "One of the most important aspects of aging is frailty, which means you slow down and become weaker. A lot of that is due to muscle strength, which we are looking to improve," says Mark Fishman, head of the Novartis Institutes for Biomedical Research.

Novartis and Sanofi are both testing their drugs in age-related muscle wasting, called sarcopenia. Lilly is testing its drug in elderly patients undergoing hip replacements or those recovering from falls."

So the drug companies are already working on a pill to prevent/reverse sarcopenia. **NO THANK YOU** and good luck with that!

What really pisses me off about this is that millions of people over the age of 50 will be told that the way to prevent sarcopenia and regain their youthfulness is through another pill!

What utter hogwash! Like we really need another pill with all of its damaging side effects in super small print.

Stupid solution. Just plain stupid. Sorry, but that just seems insane to me!

Heck no I say. ***There is a much much better way.*** The truth is that the human body is wonderfully and awesomely made!

You just have to know how to work with it to bring out its best as you age.

And, I am living proof that sarcopenia is not age related. At 56 I am stronger and carry more muscle on my body than I did at 26, 36 or 46.

## **And there is absolutely nothing special about me.**

Exactly the opposite on a physical basis. I have to work harder than most people to add muscle.

And there are thousands upon thousands of examples of women and men over the age of 50 and even some into their 90's who are holding on to their muscle and **even adding it as they age.**

**So please DO NOT just focus on losing weight.**

So, Fred, what do you suggest that a person over 50 **should try to do?**

So glad you asked!

Here is what I do myself, train my clients and students to do and what I teach you and move you to accomplish with my **50FIT** program.

## **Three Keys to Your Awesome Over 50 Body, Fitness and Health!**

**And they do go in order. They are:**

**1) Improve Your Physical Performance Ability.**

2) **Work to Improve Your Body Composition.**  
(preserve and/or increase lean muscle tissue while reducing excess body fat).

3) **Strive to Lower Your Resting Heart Rate and Maintain Good Blood Pressure.**

So let's take a look at these in more detail.

## **After 50 Focus Area Number One:**

### **Improve Your Physical Performance Ability**

#### **Physical Performance Ability**

While everyone else it seems is focused on weight loss, anti-aging or the newest pain relief formula, the [number one](#) focus you should concern yourself with **OVER THE AGE OF 50** is to improve your physical performance ability.

**Because here is the truth.** Nothing will really **EVER** get noticeably and measurably better for you fitness and health-wise for the long haul until you find a way to improve your bodies physical performance.

And, for that physical performance improvement to do its magic, it must happen on a weekly (preferably daily) basis for the rest of your life.

I teach you how to do that for 28 days in **50FIT**. From there you can continue forever of course.

And the truth is, it really is not all that tough to do, does not take much time and you can do that in the comfort of your own home with either zero or very little equipment.

There are many mantras of fitness professionals like myself. One is, "**Form Follows Function**".

That means that as you improve your ability to function and perform physically *what follows is a better form* (AKA body, health, fitness, leanness, etc).

What do I mean by improve physical performance? Well that can be seen in a number of ways.

But for those of us over the age of 50, there are four very specific "fitness factors" of physical performance we want to concern ourselves with.

**They are:**

- **Physical Strength**
- **Physical Power**
- **Mobility (Ability to move)**
- **Balance**

## Physical Strength

You may be asking, what is strength? Physical strength is determined by your muscle strength.

**Muscle strength** (and thus physical strength) refers to the amount of force a **muscle** can produce with a single maximal effort.

That is the standard, basic definition of strength.

Physical strength is one of the easiest of the over 50 fitness factors to improve upon and measure progress in.

There is a gym in Alabama owned by a highly regarded trainer named Vince McConnell. One strength exercise Vince likes to teach his clients is the kettle bell dead lift, which is one of the best exercises on the planet.

One of Vince's clients is an 87 year old former physician who now regularly does kettle bell dead lifts with a 106 pound kettle bell. But this physician did not start off lifting a 106 pound kettle bell.

Far from it!

This 87 year old former doctor met Vince 15 years ago when he accompanied his wife on her personal training sessions with Vince. The doctor would watch Vince train his wife with





skepticism telling Vince “he would never do any strength training but was going to stick with his cardio”.

One day the doctor’s wife challenged her husband to attempt to dead lift the amount of weight she could and he struggled with it, it caught his attention. Now, 15 years later, this 87 year old can out lift many of the gyms younger clients.

THAT gets the attention of the younger clients not to mention that this 87 year old man has become a role model and inspiration to others.

He did that by progressively improving his physical strength and thus his physical performance ability and function and *every other health measure has improved for him too!*

Our Doctor friend above is a great example of another fitness trainer mantra, which is “Progression, not perfection”. Rome was not built in a day they say, and the same will be true for you.

Like our 87 year old studly physician your commitment to increasing your strength and physical performance improvement is not a quick fix solution with an end.

It is best if we consistently make small amounts of progress and continue with it until we are laid to rest.

**The beauty of this goal of getting stronger is that anyone who dedicates themselves to it can achieve it.**

Plus, it can be measured. For example, let’s say you can only do two sets of eight chair squats without using any weight the first week of working out and you had to rest 1.5 minutes between sets.

Then, four weeks later you can do two sets of 15 goblet squats with a 15 pound kettle bell and you only had to rest 45 seconds between sets.

Well, you just improved your physical strength and your physical performance! And, you also increased your metabolism, heart health and ability to have an awesome life as well as about 10 other powerful benefits.

I could talk forever about the subject of strength as it relates to health and well being, being lean and fit, youthful, fully active and energetic. In fact, if you have heard me speak at a conference, you may have heard me do so!

Part of the reason that I do is that the subject of physical strength and how it can make your life better is still not discussed *nearly enough* in health care, the medical professions and the mass media.

The other benefit of becoming stronger is that it could keep you alive longer and with a healthier and higher quality of life. The Longevity Center did a report several years ago titled, "14 surprising signs you could live longer than you think".

The number one sign you could live longer than you think? Strong legs. That made perfect sense to me.

For several years I worked as the Coordinator for Health Promotion in my county. My primary job was to visit senior citizens in their homes and to assess their fitness, health status and nutrition practices.

The number one "health issue" affecting these people was that they could not get up out of a chair, to their bathroom or in and out of a car because they were too weak!

**"Older people are not sick, they are weak" – Wall Street Journal, June 2014**

Also, let's consider the fact that many people die each year from cardiac arrest while shoveling snow. I grew up in western Pennsylvania and can attest to the difficulty of that task.

A shovel of snow is not light. Plus the fact that you have to bend, push, lift and throw the snow. Often under cold weather conditions while wearing heavier than normal clothing.

Shoveling snow is not a task for a weak, unfit, de-conditioned person. Shoveling snow is tough work that demands strength, power and endurance.

Shoveling snow, like many of the normal everyday tasks we humans do, is made easier when you have a lean, strong, powerful, durable and healthy body.

And as you build that body you also build a strong, durable and powerful heart that can handle shoveling snow.



## **So how do you maintain and keep your strength and therefore strong heart, health and youthfulness?**

Not by only walking or using a treadmill or elliptical, that's for sure.

I have provided a done-for-you formula to improve your physical performance, body composition and heart health in my newest program, **5OFIT**.

But for now here is the short answer.

**Incorporate and progressively get stronger in all seven of the movement patterns of your body several (most) days of the week.**

These seven movement patterns include: squatting, lunging, bending/hip hinge, pushing, pulling, twisting/rotating and striding. I teach you how to do this in my **5OFIT** program.

But this is the process that will help you to drop and keep off excess body fat, build lean, healthy, attractive muscle tissue, reduce pain, have more energy and just plain feel and look better!

And, it is not the all time consuming mission impossible that way too many people make it out to be. Getting stronger and therefore keeping, regenerating and adding muscle is a simple and potentially enjoyable activity when done correctly.

Also, as we discussed earlier, muscle does not make you bigger unless you work your butt off and use specific methods to make that happen. Rather, when added correctly, muscle makes you lean, sleek and *stealthy*.

Lack of enough muscle on the body does not just make a people too weak though. It also is very likely the reason that they cannot easily drop the excess body fat they carry with them 24/7.

This is so because muscle is 'alive" and metabolically active and **the number one factor in your resting metabolism** as we discussed earlier.

All fat burned off the body must go through a muscle cell and muscle cells are what keep us youthful and thriving. As a person over 50 therefore, you want to regenerate and grow new muscle cells each week of your life!

As you do you will get healthier, leaner, and more energetic too. Plus muscle also looks better on your body than excess body fat 😊

***“Muscle is sexier than fat.”***

We are not talking about the “cut-up” bodybuilder look by the way. But muscle under our skin is what gives us that lean, healthy, youthful athletic look that people of all ages seek.

But strength and muscle do far more than just make us look better. Strength and muscle can also give us greater power, mobility and balance, which are both key to aging gracefully and vibrantly!

## **Physical Power**

When was the last time you saw an advertisement for a health or fitness program for women telling them it would make them more powerful?

Not likely huh. No, what you likely saw was “lose weight, get trimmed and toned, sleek and sexy, look 10 years younger, flatten your belly, trim your hips and thighs”, etc.

Please let me share a little known fitness secret from the world of personal trainers. **One of the best ways** to get all of the cool stuff mentioned above? Become more powerful. Especially women. Double especially for women past 50.

Before you start picturing yourself becoming like the hulk, let’s define power and how you can tell if you are becoming more physically powerful.

**Power is: the rate of doing work. It is equivalent to an amount of energy consumed per unit time.**



Ok, that's enough physics talk for now.

How do we tell if a woman (or man, but I don't have to sell most men on why they should become more powerful) is becoming more powerful?

Easy. She can do more work in less time. She can lift more, do more repetitions, walk/run farther, etc.

## Now, **WHY** would she want to become more powerful?

Many reasons, but I will focus on two. One, appearance. Yea, I know it's not all about appearance, but who does not want to look great and their personal best?

Well know fitness trainer Bret Contreras specializes in training fitness models. Remember our 87 year old former physician

friend from yesterday who does dead lifts with a 106 pound kettle bell?

Guess what one of Brett's favorite exercises and methods is to help these and lean, attractive and feminine models win swimsuit competitions?

Dead lifts with a 106 pound Kettle bell. Up to 20 reps by the way. And by continually reducing rest periods.

In other words, making them more powerful!

No worries, you do not need to do Kettle bell dead lifts with 106 pounds (for now). But, you may want to consider starting to do dead lifts soon with a much lighter weight to start.

Why? **Because of the second primary benefit of becoming more powerful. Your health.**

Power and strength are connected and both also affect your health and your heart.

Once again, I use the snow shoveling example but with an unfortunate and very real example.

Just last week two people died of cardiac arrest in Buffalo New York during the snow storm from....*shoveling snow*. My Aunt Joanne tragically died from a heart attack many years ago in Wooster, Ohio.

After a heavy snowfall she went outside to shovel the walkway to the house. Afterwards she walked into the house and collapsed.

Women and men over 50 should strive to become more powerful. We should aim to build bodies for ourselves that are higher capacity and more durable as we age.

And the little known truth is that as we become more powerful we will begin to enjoy all the other great fitness and health benefits too.

A few of these benefits include better hormonal health (women and men), leaner tighter bodies, more energy, better sleep and happier more optimistic and hopeful moods and attitudes.

And I'm just getting started. But alas, it is time to move on to...

## Mobilty

**"As long as you can move, you can improve"**

Mobility is "the ability to move in one's environment with ease and without restriction". And again, mobility is not something we hear about in the infomercial and weight loss commercials very often.

But as you and I move into the second half-century of our lives, the ability to move well will become much more important to us. The question is, how do you keep and even improve your ability to move as you age?

And once again, power and strength are related to mobility. When done correctly, improving your strength and power will carry over to better mobility for you.

Think about it. As you age you want to be able to get in and out of cars, climb steps, and get down onto the floor and off of the floor. Do I need to mention the toilet too?

And hopefully you will want to even climb a few mountains and go on long hikes, bike rides,





snowshoeing, etc.

One of the best ways to improve mobility is to frequently practice the seven essential movement patterns discussed earlier.

Additionally we want to practice them from different angles and to include progressive forms of resistance in order to regenerate the cells and tissues in your muscles, bones, joints, tendons and nerve pathways.

The reason you want to regenerate your muscle cells and tissues is so you can move with ever growing speed, power and strength. Furthermore you want to be able to move quicker and in all directions through a full range and with minimal pain.

**One of the big problems with many people's (especially over 50) exercise programs is that they are one dimensional in their movement patterns and do not force any notable cell regeneration. I have previously addressed these subjects in some of my other writings.**

But for now, here is something to think about. With walking, using a treadmill or elliptical machine, you are only working one of the movement patterns of your body. The ability to stride, or move forward.

Those are examples of "one-dimensional" fitness or exercise.

Granted, improving your stride and ability to move forward is a good thing which we all need. But if all you do is walk or use the elliptical and improve your stride **you are missing out on at least six or more** essential movement patterns of the body.

Some popular forms of exercise such as yoga do incorporate more of the movement patterns but usually are **not the most effective at regenerating muscle and bone cells and tissues.**

So what can you do to improve your mobility? Create a method in your lifestyle where you consistently use all seven movement patterns both with and without resistance.

You want to do this because it stimulates muscle, nerve, bone, joint and tendon growth and ultimately will improve your ability to move with quickness, grace and power.

## Balance

Did you know that more women die each year from complications related to hip fracture than they do from breast cancer? The number one workplace accidents? Trips and falls.

The third leading cause of death for senior citizen men? They fall and never recover.



One in three people over the age of 60 experience falling each year. Oftentimes with serious injury and sometimes worse.

So why do so many older people fall? Because they have poor balance.

Why do they have poor balance? Is it because they are old?

Not in my (and many other knowledgeable fitness trainers) opinion. The

reason many people over 50 have poor balance is because they are simply weak and de-conditioned and lack mobility, power, strength and good body composition.

And the reason for that, sadly and I would even say tragically is that they did not know how simple it was to keep their strength, power and balance. There are super simple movements you can do to keep your balance and skyrocket all other fitness dimensions too!

My experience is that 990 people out of 1000 simply have not been taught or exposed to what really works to keep from ever losing balance in the first place. In truth, 990 people (*approximately...*) have never discovered the formula that can set them free to be a physical rock star at 50 and beyond.

That is, a formula that improves balance and all the other things we want fitness, health and wellness wise as we age. We just don't want to hang in there and survive. My guess is that you want to thrive through your 50's, 60's, 70's, 80's and 90's!

Unlike the millions of unfortunate folks that never discovered the formula, that need no longer be true for you. There is something you can do to build rock solid balance and avoid a wobbly and shaky fitness future!

In addition to the steps I have already given you, I have also created 50FIT, which is a 28 day (and hopefully longer!) done-for-you over 50 fitness, health and wellness program. It will fire up your strength, power, mobility and balance and also improve your body composition in the process!

## **After 50 Focus Area Number Two: Work to Improve Your Body Composition**

As you likely know from what you read in the earlier part of this report when we say we want to improve our body composition that means we want to shed any unhealthy and unsightly body fat we have and seek to increase or at a minimum maintain the muscle we have.

And again, for those of us past 50, this is even more important. In the first section of this report I spent a good deal of time and text describing why as a person over the age of 50 you do not want to just try and ***“lose weight”***.

So with that in mind, I am going to be super brief in this section. **The simple solution to improving your body composition** by shedding excess body fat and preserving your valuable muscle is to improve your physical performance as outlined above and to eat better too.

In **50FIT** you can get my 100+ page **“No Nonsense Nutrition”** Manual which goes into great depth to outline how you can eat better. There is no way I can capture the amount of information discussed in that manual in this brief report of course.

But here is the primary eating pattern people over 50 should follow to defeat sarcopenia and enjoy great fitness and health. Eat at least .5 grams of lean, complete protein per pound of bodyweight per day and have 2-3 servings of vegetables per day.

Also, include a moderate amount of healthy natural fats such as avocados, olives, almond butter, coconut oil and grass fed butters.

Keep fresh fruits (2-3 pieces per day) and complex carbohydrates at a minimum and reduce all processed foods as much as possible.

Finally, do not drink any sugary or fatty beverages and keep alcoholic beverages to 1-2 per week 😊

That is the short and sweet way to improve your body composition through better eating in combination with improving your physical performance!

## **After 50 Focus Area Number Three: Improve Your Heart Health Measures**

A tremendous amount of the fitness and health marketing we see and hear is focused on appearance, energy levels, anti-aging and pain relief.

And yes, we all want to look our best, have ample energy, remain youthful as we age and be pain free. If we could sum it up though, hopefully you would agree that a top goal for those of us 50 and older is that we want to be healthy.

The definition of "healthy" according to the dictionary is "absence of disease".

Priorities tend to shift once we cross the over 50 line. We become a little less concerned with having a "nice butt" and more concerned about saving our butts!

No worries, **50FIT** will do both. Give you a nicer butt and save it too!

Butt let's get back to your health. With so many "good for your health" claims out there, how can you really tell if something has improved your health? Where oh where is the proof?



There are two relatively inexpensive and easy ways to measure whether a fitness or health improvement program has “worked” in addition to fat pounds lost, performance improvement or looking and feeling better.

They are; **resting heart rate and resting blood pressure.** I am not going to go into too much detail about blood pressure now. ***But one thing you do not want for sure is high blood pressure.***

Ideally we would want our blood pressure numbers to be under 120/80.

One of my most recent clients reported back to me that his doctor was shocked at how much my clients (and the doctors patient) blood pressure had dropped. His previously way too high blood pressure was now considered better than average!

How did he do it? Quite frankly, by applying all that we have discussed to this point.

That is, he is working out consistently to improve his physical performance ability and eating better with the brief guidelines I just gave to you. Much better than being on medication☺

Going right along with blood pressure is what may be my number one goal for you when it comes to your overall health and especially a healthier heart.

## **You're resting heart rate.**

The goal is to lower the number of times that your heart beats per minute. A low resting heart rate is a sign of a strong, healthy heart.

A **normal resting heart rate** for adult's ranges from 60 to 100 beats a minute. Generally, a lower **heart rate** at **rest** implies more efficient **heart** function. For example, a well-trained athlete

might have a **normal resting heart rate** closer to 40 beats a minute.

Here is a chart you can review to see where you currently are and where you might want to go:

### Resting Heart Rate for MEN

	Age 18-25	26-35	36-45	46-55	56-65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Above Average	66-69	66-70	67-70	68-71	68-71	66-69
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below Average	74-81	75-81	76-82	77-83	76-81	74-79
Poor	82+	82+	83+	84+	82+	80+

### Resting Heart Rate for WOMEN

	Age 18-25	26-35	36-45	46-55	56-65	65+
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excellent	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
Above Average	70-73	69-72	70-73	70-73	69-73	69-72
Average	74-78	73-76	74-78	74-77	74-77	73-76
Below Average	79-84	77-82	79-84	78-83	78-83	77-84
Poor	85+	83+	85+	84+	84+	84+

As your body becomes stronger and fitter your heart will become stronger too over time. Your heart wall will actually become thicker and stronger so that each time it beats it ejects a greater amount of blood into your arteries.

Thus, it has to beat less often which means that it will last a lot longer. How do you make that happen?

Simple.

Focus on improving your physical performance ability by increasing your strength, power, mobility and balance as we have discussed.

It is also recommended to go for a 20 minute fast paced walk or run three days a week as well, after you have improved the four physical performance factors above.



And at the same time focus on improving your body composition (shedding excess body fat and preserving or increasing muscle) by improving your *nutritional habits.*

## **Tap into the Power of the 50FIT *Bring On the Future Program!***

With **50FIT** you will benefit from my over 40 years of fitness, health and wellness study.

Sadly, millions upon millions will of women and men over 50 will seek to improve their health and fitness in this next year. But unfortunately millions will fail because they do not know or have access to the truth of what works and the knowledge of why it works.

But even worse, when they fail, they will blame themselves.

In some cases it may be that they are to blame. But my experience is that when most people learn the over 50 fitness, health and wellness truth, it sets them free to be all they can be.

With **50FIT** you truly will have the formula to make 2016 perhaps your best year ever as you unlock the youthfulness and dreams that still live inside you.



The reason the **50FIT Formula** works is that it focuses on the crucial over 50 factors that almost all other programs do not thoroughly cover. Yet it is these factors that those of us over 50 need if we are going to finally and permanently succeed in really seeing a surge of improvement in our bodies, fitness, youthfulness and health.

And what is really cool is that when our bodies, fitness and health improve our hope improves and as our hope improves our mental, emotional and spiritual health improves.

And when that takes place we can become an unstoppable force of goodness to be reckoned with in this world!

So I hope you will join me in saying, "Bring On the Future" and invest in your over 50 fitness, health and wellness best.

Go to [www.50fit.net](http://www.50fit.net) (cut and paste in browser please) and get started today. Thank you!

Fred W. Schafer, Creator of 50FIT – Bring on the Future!

