THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

YOU'RE *NEVER TOO OLD* TO GET STRONGER

Build strength, improve your energy, and stay active at every stage of life





Strength training isn't just for athletes or people who want to build muscle. For active adults, strength helps you climb hills, carry your golf clubs, get up from the ground, play sport and manage everyday activities with confidence.

We naturally lose some muscle mass and strength as we age, but regular resistance training can help slow this decline. It's never too late to build strength and improve your physical capacity. The goal isn't necessarily to lift heavy weights; it's to maintain the strength you need to keep doing the things you enjoy.







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HOW TO GET MORE FROM YOUR STRENGTH TRAINING

- **Train at least twice a week:** Consistency matters more than having a complicated program.
- **Train your whole body:** Include exercises for your legs, hips, arms, back and core.
- **Make it challenging:** Choose a resistance that challenges your muscles while allowing you to maintain good technique..
- **Progress gradually:** Increase the weight, repetitions or difficulty as your strength improves.

WHEN SHOULD YOU SEEK HELP?

A physio can help if you're new to strength training, recovering from an injury or joint replacement, experiencing pain during exercise, or unsure how to safely progress your training.

Not sure where to start? We can help you build a strength program that suits your abilities, experience and the activities you want to keep doing.