

ageless
fitness

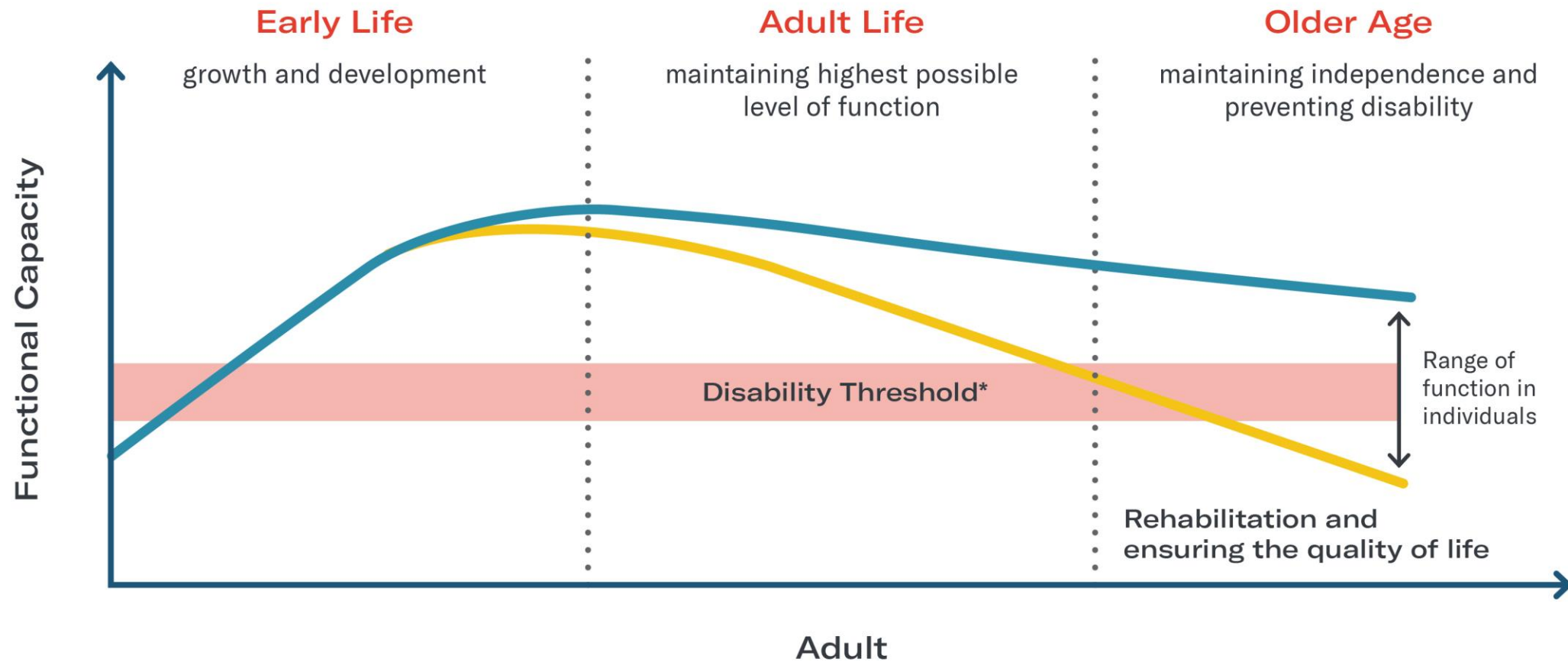


Why a Functional Aging Specialist matters.

- » 6 Domains of Function
- » Physiology of Aging
- » Safety and Health
- » Functional Longevity
- » Your Aging Trajectory



What is your Aging Trajectory?



You want to
be in the
upper half...

1-4



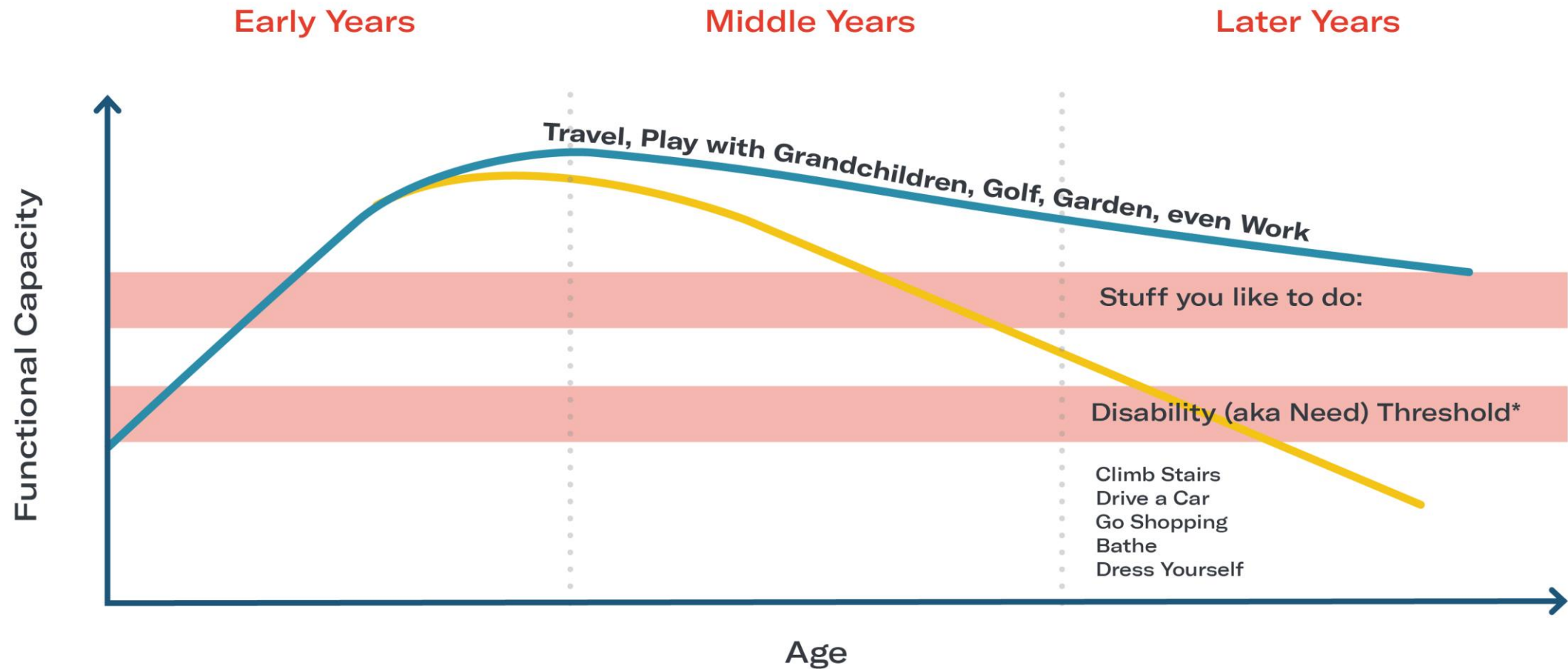
How do we ensure Functional Longevity?



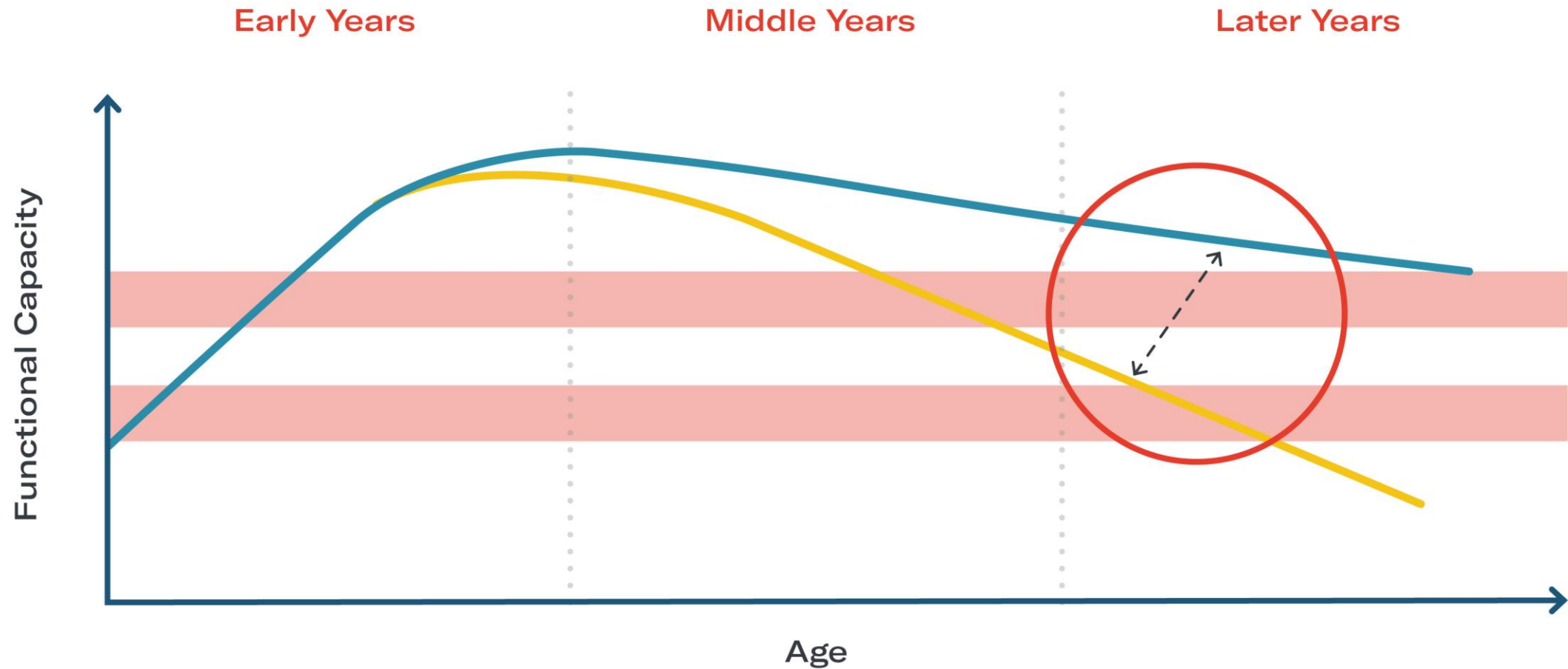
Maintaining your ability to do what you:
NEED to do
WANT to do
LIKE to do
As late in life as possible.

$$\text{⚙️ Quality} + \text{⬆️⬆️ Quantity} = \text{🕒 Functional Longevity}$$

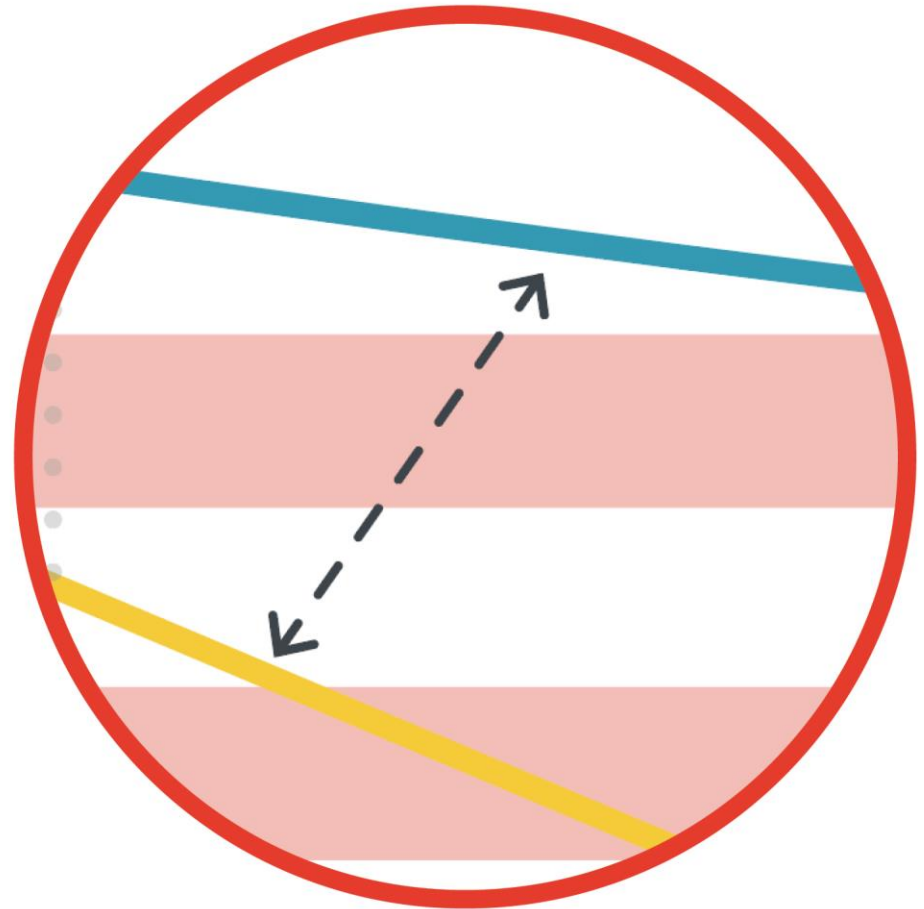
Functional Trajectory of Aging



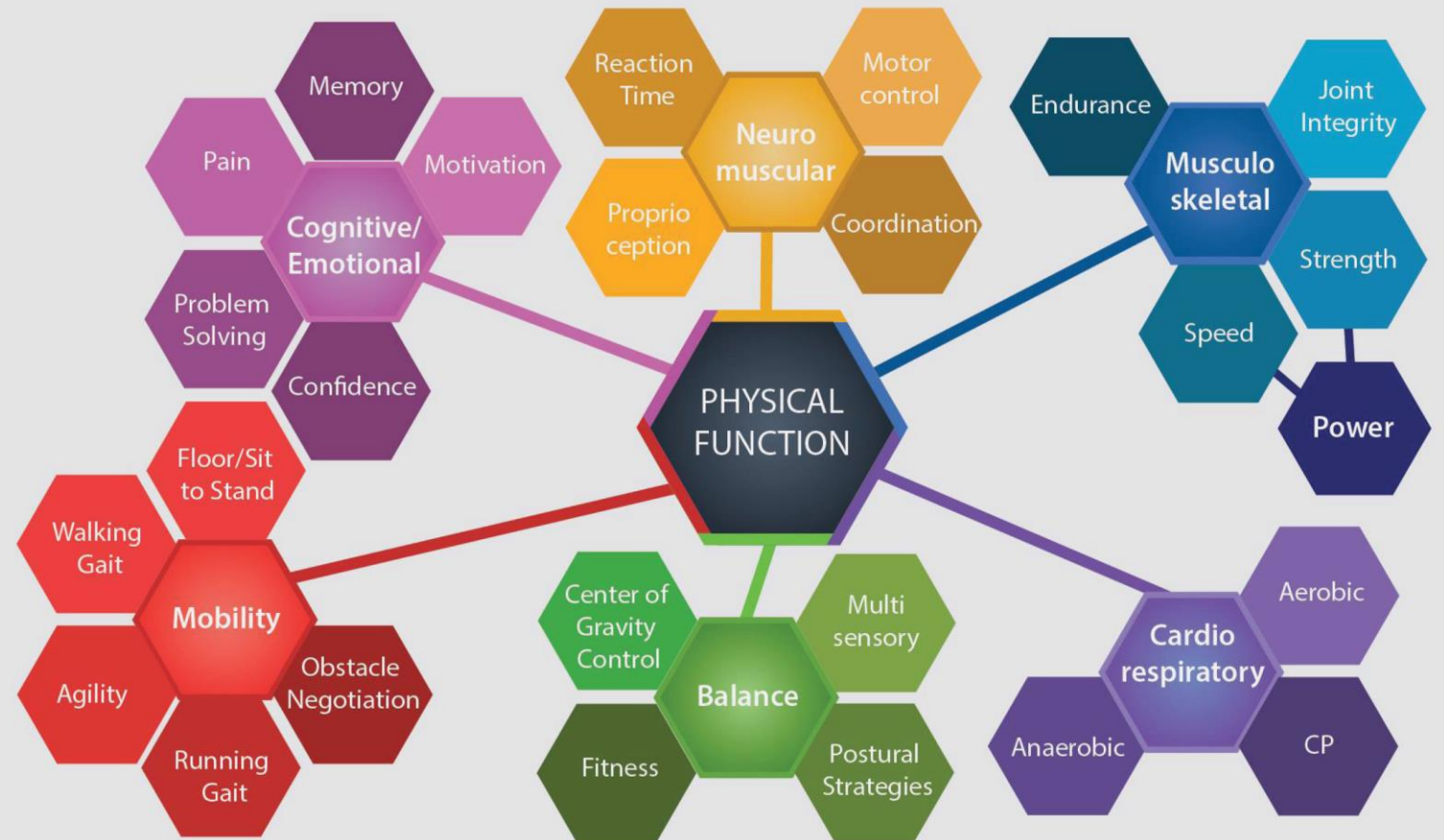
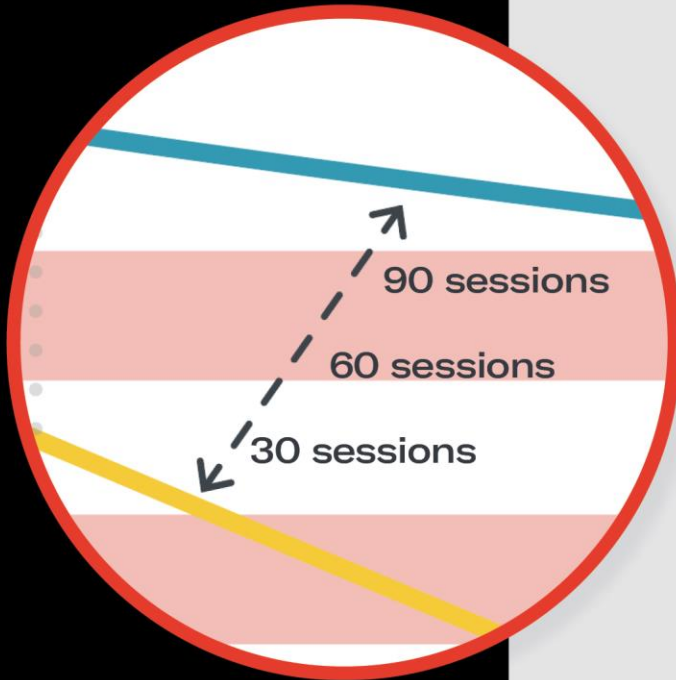
Functional Trajectory of Aging

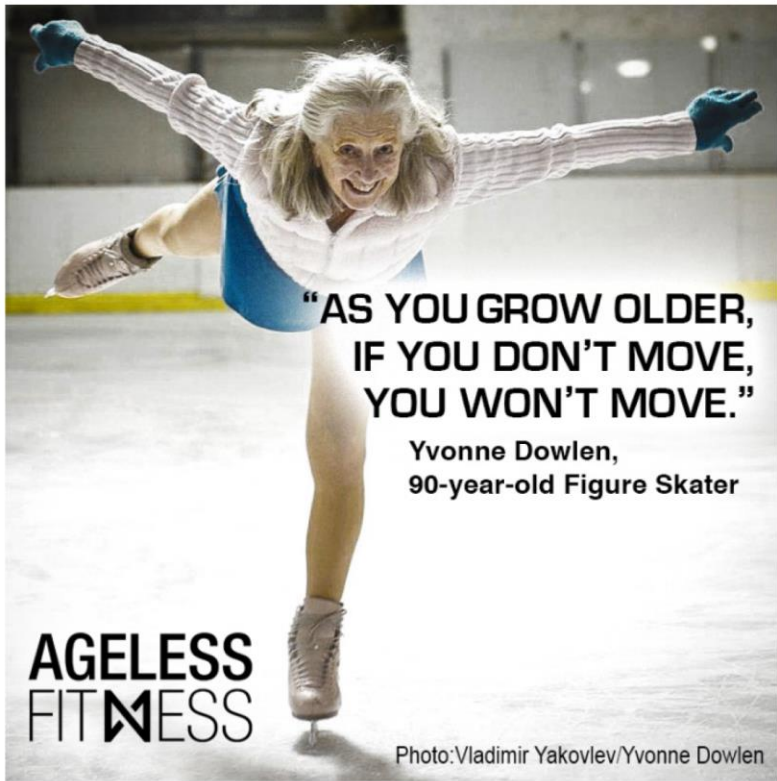


From your
Current Trajectory to
your **Future Trajectory**



Training the 6 domains of Function... overtime can change your Trajectory





**"AS YOU GROW OLDER,
IF YOU DON'T MOVE,
YOU WON'T MOVE."**

Yvonne Dowlen,
90-year-old Figure Skater

**AGELESS
FITNESS**

Photo: Vladimir Yakovlev/Yvonne Dowlen



**WORK OUT.
YOU'LL LIVE LONGER.**

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FITNESS**



I am not training for a 5k.
I'm not chasing a record.
I'm not trying to impress you.

I'm saving my life.
I'm lengthening my life.
I'm improving my quality of life.

**AGELESS
FITNESS**

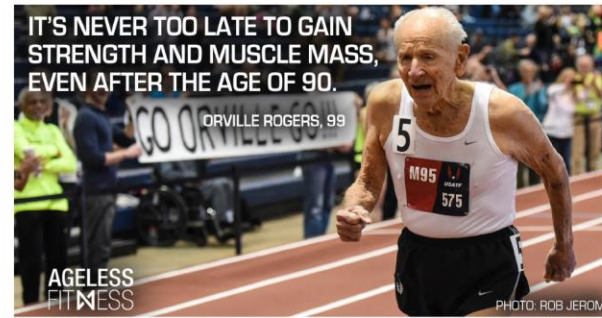


"Posture is important
as we age. I workout
twice every week."

John Corse, 94
World record holding
masters swimmer
and practicing
attorney

**AGELESS
FITNESS**

Photo: Eney Jones



**IT'S NEVER TOO LATE TO GAIN
STRENGTH AND MUSCLE MASS,
EVEN AFTER THE AGE OF 90.**

ORVILLE ROGERS, 99

**AGELESS
FITNESS**

PHOTO: ROB JEROME



**TODAY IS THE
YOUNGEST YOU
WILL EVER BE.**

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GET MOVING..



**IF YOU DON'T
TAKE CARE OF YOUR BODY,
WHERE ARE YOU GOING TO LIVE?**

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FITNESS**

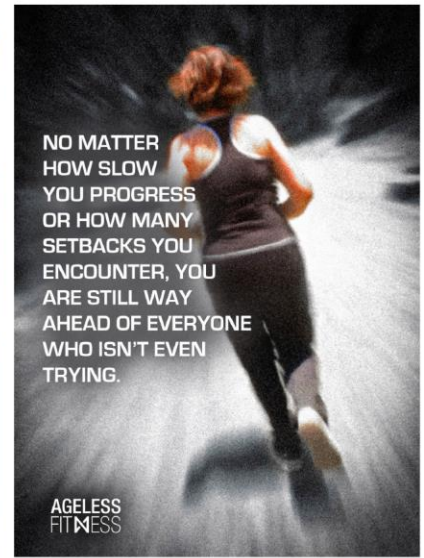


**YOUTHFULNESS
IS ABOUT HOW
YOU LIVE.**

**NOT
WHEN YOU
WERE BORN.**

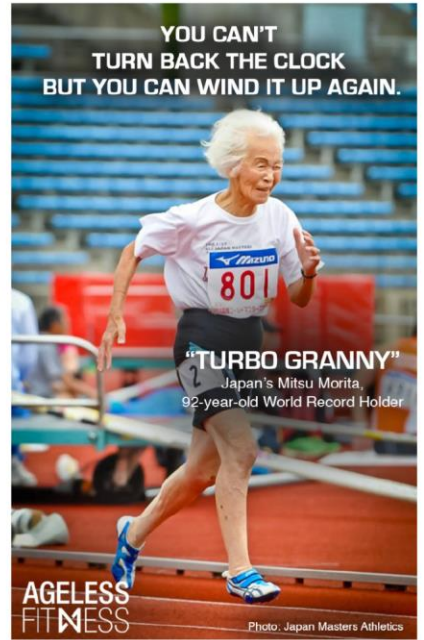
**AGELESS
FITNESS**

Karl Lagerfeld



**NO MATTER
HOW SLOW
YOU PROGRESS
OR HOW MANY
SETBACKS YOU
ENCOUNTER, YOU
ARE STILL WAY
AHEAD OF EVERYONE
WHO ISN'T EVEN
TRYING.**

**AGELESS
FITNESS**



**YOU CAN'T
TURN BACK THE CLOCK
BUT YOU CAN WIND IT UP AGAIN.**

"TURBO GRANNY"
Japan's Mitsu Morita,
92-year-old World Record Holder

**AGELESS
FITNESS**

Photo: Japan Masters Athletics

Why Training the **6** domains of function is critical.

- » To ensure your Aging Trajectory is as functional as possible.
- » To ensure your Longevity is as healthy as possible.
- » So you can set goals for new adventures and dreams.
- » So you can continue to do all the things you enjoy doing for as long as possible!
- » **Can we get you started this week?**