

Rebuild Functional Strength

Stop the muscle loss that slows your metabolism and increases your risk of injury. You'll build real, functional strength that makes daily life easier and keeps your body burning fat even at rest.

Muscle loss after 55 is one of the least discussed reasons adults struggle to drop body fat. Every decade without resistance training, the body loses muscle tissue. Less muscle means a slower metabolism, less insulin sensitivity, and a body that stores fat more easily regardless of what you eat.

This is not about aesthetics. It is about function and metabolic health.

The movement programming inside this coaching framework is built around functional fitness. Exercises that carry over to real life. Getting up from the floor. Carrying groceries. Moving without pain or hesitation. These are the benchmarks that matter at this stage, and they are exactly what progressive resistance training develops.

More muscle also means better insulin response. When muscle tissue is active and conditioned, it pulls glucose out of the bloodstream more efficiently. That directly supports lower insulin levels, which is the same goal your

nutrition strategy is working toward. The two systems reinforce each other.

You do not need to spend hours in a gym. I started at the YMCA at 65 and worked up progressively over time. What matters is consistency and load, not complexity. The body responds to the right stimulus at any age.

By the time clients complete this phase of the program, they are moving better, lifting more than they expected, and watching their body composition shift in ways that the scale alone never showed them. Strength training does not just change how you look. It changes how your metabolism works, how your joints feel, and how confident you are in your own body.

That is the point of rebuilding functional strength. Not to perform. To live better for the next 20 years.