

## Physique After 50 How To Use Resistance Training To Feel Younger Maintain Muscle And Fight The Effects Of Aging

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Key Point #1: The foundation of proper nutrition for building muscle after 50 is that you need to consume more quality calories than you burn each day to promote growth. That said, your eating plan needs to be controlled enough that you don't overload on the wrong calories (or too many calories) and end up getting fat & flabby instead of muscular & defined.

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Physique After 50 argues that physique training doesn't have to end the moment you turn fifty. Aging is an important part of life, and this is the prime of your life. At the same time, as you age there are real physical and hormonal changes going on in your body. Being fifty is not the same as forty, so of course your exercise needs to account for this.

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Hit the stair climber or do a body-weight circuit of squats, step ups, inverted rows, and pushups. Keep at it for 45 to 60 minutes. Try to keep your heart rate between 120 and 150 beats per minute.

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Ironically enough, weight training can help lessen joint issues by keeping muscles surrounding a joint strong and supple. However, ill-advised weight training or fitness training can actually make joint issues worse as well. Ballistic weight training, plyometrics, explosive or jarring movements are not good ideas when training for physique after 50.

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Around age 50, women start experiencing menopause. Women's ovaries begin to produce lower amounts of estrogen and progesterone and higher amounts of follicle-stimulating hormone (FSH). The symptoms of these hormonal changes vary from person to person, but many women experience side effects such as insomnia, hot flashes, decreased sex drive , depression and mood swings.

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Getting fit after 50 isn't as easy as when you were younger, but it's possible with a healthy diet and regular exercise, including cardio and strength training.

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you can read more in my book "Physique After 50" and learn that yes training requires a different approach after age 50.

~~Physique After 50 tips~~

Getting ripped and carving out a sculpted beach body in your 50's is an incredibly rewarding experience. What you gain from the process of transforming your physique over the age of 50 is something that you would have never fully appreciated in your youth. After all, guys with ripped abs in their 20's are a dime a dozen.

~~Can You Get Ripped In Your 50's? — Metabolic Masterpiece~~

Eat fruit, like berries, citrus, and melons. Lean meat, poultry, fish, and eggs are great ways to increase protein and omega-3 fatty acids. Make sure to get low-fat cuts of meat and remove the skin from poultry. Dairy products provide calcium and other nutrients. Try low-fat milk, yogurt, and cheese.

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