



The fountain of youth can be found in your gym bag. Exercise has this amazing capability to help us delay father time. I know it seems counterintuitive, but when you exercise and burn energy it helps your body boost energy levels and improve your health making you feel years younger.

Exercise is the key to longevity. For example, it can help by protecting us against cardiovascular disease, it can help by improving our mental health (which is needed now more than ever!) and it can help by preventing memory decline as we age!

At Benecore, we like to teach our clients that you need a good mix of everything to maximize longevity. A good workout routine would involve strength training 2-3x a week, performing cardio 3-5x a week, and doing some specialized work like power or speed 1-2x a week. With our senior population specifically, we also like to encourage working on our balance daily!

Did you know- that seniors that lift weights at least twice a week have a 46% lower chance of dying from heart disease and cancer than those that do not exercise? How amazing is it that we can control that? We can act by including exercise into our lives and help our body avoid these situations!

No- we certain won't live forever, but aging doesn't need to mean a lower quality of life. Our goal over at Benecore is to help you get better with age and live a life with no limitations.

Comments on our training:

"It amazes me how my consistency and diligence with the Benecore fitness programs have made a huge difference in my total body strength and stamina. It has helped me maintain and improve the active lifestyle I want to have and enjoy.

"I appreciate the calm, gentle encouragement without the drill sergeant/ boot camp atmosphere. I can feel myself improving already!"

"This class is great. I feel stronger and my balance is a lot better than it was prior to and after the operation. Our coach does a great job in modifying the program to accommodate our injuries."

"I avoided stairs for a long time because they hurt my knees and I felt unsafe using them, after working with Benecore for a few months I am now able to take the stairs up and down and it doesn't hurt!"

"I garden a lot and I often tend to overdo it to the point where my back would ache for a few days afterwards. Benecore helped me by creating a strength and mobility program specific to improving the movements needed to do my gardening and now I can garden for 2-3 hours and finish with no back pain!"