



STRONG FOR LIFE

FIVE WELLNESS TIPS

EVERYONE SHOULD KNOW AS THEY AGE

**Prime
Life**

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As people age, preserving physical independence becomes one of the most valuable investments they can make. Strength, nutrition, and mindset shape the way we age—and how small, sustainable changes can yield lifelong dividends. Here are key wellness tips that can help you live longer and live better.

1. Strength Is the New Wealth:

Muscle mass and bone density decline predictably with age; however, strength training can slow the curve. Strength training increased muscle strength by 1.1% and hip bone mineral density by 2.77% in adults aged 65 and older.¹ These gains directly counter the predictable age-related decline in muscle mass and bone density. Functional fitness isn't about lifting heavy; it's about lifting yourself. Sit-to-stand, stair climbing, and fall recovery are the new benchmarks of independence.

2. Cardio Supports Longevity. Strength Supports Autonomy:

While cardiovascular health is essential, strength training directly impacts quality of life. The ability to carry groceries, rise from a chair, or withstand a stumble matters more than aesthetics or endurance.

3. Consistency Beats Intensity:

The best workout is the one you'll stick with. Whether it's yoga, resistance bands, or bodyweight exercises, two 30-minute sessions a week can preserve mobility and confidence.²

WELLNESS TIPS THAT CAN
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4. Nutrition Is the Quiet Architect of Longevity:

Protein intake becomes critical with age. Whole foods with minimal ingredients like, chicken, Greek yogurt, and lean beef support recovery and muscle retention. Eating well isn't about restriction; it's about building a strong base for longevity.

5. Mental Health Is the Foundation:

Wellness begins with mindset. Sustainable habits stem from honest self-assessment and realistic goals. Even seasoned trainers rely on accountability coaches, partners, or communities to stay on track.

1- Watson, S., & Weeks, B. K. (2022). Progressive Resistance Training for Concomitant Increases in Muscle Strength and Bone Mineral Density in Older Adults: A Systematic Review and Meta-analysis. *Sports Medicine*, 52(9), 2061–2076. <https://doi.org/10.1007/s40279-022-01675-2>

2- Frontiers in Public Health. (2025). Short-term resistance training enhances functional and physiological markers in older women. Retrieved from <https://www.frontiersin.org/journals/publichealth/articles/10.3389/fpubh.2025.1630525/full>

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Full Episode featuring Mike Remieres, Fitness Center Manager, Nassau Financial Group

Mike is a certified wellness coach and strength training advocate. The podcast explores how aging affects physical and mental health, why functional fitness matters more than aesthetics, and how to build sustainable habits that last.

The importance of realistic goal setting, the role of nutrition in aging, and how mental health influences physical outcomes are discussed. Remieres emphasizes that aging well isn't about perfection, it's about consistency, community, and self-compassion.



ABOUT PRIME LIFE PODCAST

Longevity could turn out to be the biggest disruptor of our time. Prime Life explores how to live longer and live better. We examine how purpose, exercise, diet, healthcare, and finance can add good years to our life.

Each episode offers practical tips and fresh ideas to help you navigate your next chapter.



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