

MUSCLE MATTERS

Exercises for Vitality at Any Age



MUSCLE-CENTRIC MEDICINE

- **THE KEY TO AGEING WELL:** Did you know that skeletal muscle makes up about 40% of your body weight? It's essential for keeping you healthy and maintaining your metabolism. Unfortunately, 75% of people don't get enough exercise, which is crucial for muscle health. Focusing on muscle is key to ageing well, as muscle plays a significant role in regulating glucose, supporting immune function, and fighting disease. By prioritising muscle health, you can enjoy a longer, more vibrant life.
- **THE IMPORTANCE OF MUSCLE HEALTH:** Skeletal muscle is not just important for strength—it's also the body's largest endocrine organ, contributing to longevity by managing glucose levels, storing amino acids, and releasing special proteins called myokines. These myokines are produced when you exercise and help improve your brain, bone, and overall health. Maintaining muscle health through strength training and proper nutrition is crucial for living a longer, healthier life.
- **MUSCLE: THE ORGAN OF LONGEVITY:** Healthy muscles are vital for metabolic health and mental well-being. Sedentary muscles can lead to early insulin resistance, while building and maintaining muscle mass helps combat this. Strength training and adequate protein intake are key strategies for preserving muscle, especially as we age.
- **COMBATTING AGE RELATED MUSCLE LOSS:** As we get older, muscle loss, or sarcopenia, becomes a major concern. Strength training three times a week, alongside proper nutrition, helps maintain muscle function and overall health. A positive mindset also contributes to healthier ageing.

THE ROLE OF EXERCISE AND NUTRITION IN MUSCLE HEALTH

- Strength training, combined with 60 minutes of physical activity on non-training days, is vital for keeping muscles strong and preventing conditions like type 2 diabetes. A protein-rich diet supports muscle repair and growth. Instead of supplements, aim to get your protein from whole food sources like lean meats, fish, eggs, dairy, beans, lentils, and quinoa. For nutrients that boost muscle function—such as Vitamin D, magnesium, and omega-3 fatty acids—focus on foods like fatty fish (salmon, mackerel), leafy greens, nuts, and seeds.

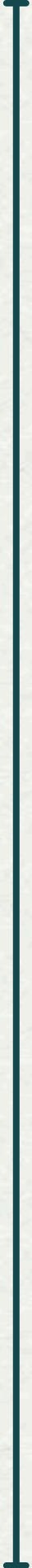
This balanced approach of exercise and nutrition is key to ageing well.

STRATEGIES FOR HEALTHY AGEING THROUGH MUSCLE WELLNESS

For healthy ageing, prioritising muscle wellness through structured training and a balanced diet is essential. Starting with bodyweight exercises and functional movements, such as squats, lunges and hiking, builds strength and endurance. When using weights, it's important to gradually increase weight over time to maintain muscle power.

IN THE NEXT CHAPTER YOU WILL FIND A STRENGTH TRAINING PROGRAMME

Whilst this programme is written for women the exercises can be done by men too.



Strength Training Exercises

TOP MYTHS ABOUT RESISTANCE TRAINING

- **STRENGTH TRAINING WILL MAKE YOU BULKY:** if this was true I would not be sitting with my baby biceps after two years of serious training. In the words of Dr Stacy Sims "Women are not tiny men!" We do not have enough testosterone to ever get bulky without extreme measures which I do not promote in this program.
- **EXERCISING WITH WEIGHTS IS BAD FOR JOINTS:** Any exercise can be dangerous if done incorrectly. So is sitting on your backbone in front of the TV. If done correctly you can not only improve joint mobility and strengthen the muscles that support your joints but resistance training can keep your bones strong as you age by increasing bone density.
- **THERE ARE WAYS TO LOSE FAT ONLY AROUND A CERTAIN AREA – FALSE!**
I sincerely wish this was true. I'd always keep my boobs and rather lose fat on my hips. That is unfortunately not how it works. Your body will lose fat where it wants. You can target building muscle to look leaner overall but to lose fat only in one area ain't gonna happen in this lifetime.
- **MUSCLE TURNS INTO FAT:** You have both muscle and fat in your body. This is like saying your bones can turn into muscle. You build muscle, and you lose fat. You might be doing this consequentially which means your scale does not move BUT you never turn the one into the other.
- **YOUR METABOLISM BREAKS AT A CERTAIN AGE:** Strength training will result in you having more overall muscle mass, and the more muscle you have, the more calories you burn

at rest. This is because muscle tissue burns more calories. As we grow older, we honestly also get a bit lazy to maintain our muscles and that slows down our metabolisms. Yo-yo diets also mess this up completely but more about that in the nutrition section.

HOW THIS PROGRAMME WORKS:

- Designed for able people between the ages of 18 – 55 with no restrictive medical conditions.
- 3 Days:
 - 1 day lower body
 - 1 day upper body
 - 1 day full body
- Sequence: it is recommended to do the 3 days in sequence but not compulsory.
- YOU decide how these fit into your schedule. There is no right or wrong time to exercise. If you are a morning person, get up early. If you are not a morning person, then fit it in later in the day.
- The trick is never to skip 2-3 consecutive days. (Unless you've done all 3 sessions from Monday to Wednesday).

UNDERSTANDING TERMINOLOGY

- **REPS:** this is how many times you repeat the action. E.g. 12 reps would be 12 x lifting a weight. If the exercise includes left and right you would complete x12 left first and then x12 right.
- If you struggle to reach 10-12 reps reduce it to 8, but preferably not less than that.
- If it feels too easy, keep going for the first two sessions and measure your stiffness levels before adding weights or bands or more reps.
- **SETS:** A consecutive number of reps. E.g. 10 reps are one set. 3 x 10 means: complete 3 sets of 10 reps

- **SUPERSETS:** This program is based on super-sets. This is when we group two or more exercises together. This creates a higher metabolic demand and allows for more blood flow to be pushed throughout the entire body when performing sets.
- You will complete exercise A and exercise B directly after each other. You will only take a break/rest with BOTH completed.
- **BREAKS/REST:** It is recommend that you don't take breaks longer than 60-90 seconds after a set or superset for optimal efficiency. HOWEVER listen to your body and be sensible.
- If you are recovering from an injury or have specific physical restrictions a professional should assist you to adapt the program accordingly.

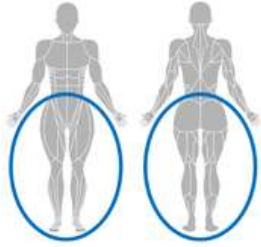
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- The content of this e-book is to serve as a general overview of matters of interest and is not intended to be comprehensive, nor does it constitute medical (or other) advice in any way. This e-book is a compilation of one person's ideas, concepts, ideologies, philosophies, and opinions.
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HOME PROGRAMME WEEK 1 – 4

3 DAY: BEGINNER

DAY 1: LOWER BODY



Done at home with minimal to no equipment. Resistance bands / or small weights can be used as you grow stronger.



1

HIP THRUST (WITH OR WITHOUT BAND)

- 1 set warmup
- 3 sets x 10-12 reps (body weight, with resistance band or with small weight on your hip bone)
- **REST:** 90 seconds after completing all reps per set

TIPS

- Keep your shoulder blades against the ground and lift your bum. Squeeze at the top. Start with bodyweight before adding a band or weights.
- Feet shoulder width apart
- Pause at the top for 2 seconds which you can increase as you get stronger.



2

SPLIT SQUAT: FIRST LEFT LEG, THEN RIGHT

- 1 set warmup
- 2 sets x 10 -12 reps per leg
- Keep BOTH feet planted this is NOT a lunge
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**



2 **B**

ROMANIAN DEADLIFT WITH RESISTANCE BAND OR SMALL WEIGHTS

- 3 sets x 10 –12 reps
- **REST:** 60 – 90 seconds AFTER both 2A and 2B has been completed.

TIPS

- Finish split squat 10–12 per leg before doing other leg
- Knees over toes on split squat and keep your back upright don't bend forward
- Deadlift – Keep your back straight and your head up in neutral position. For more resistance grip band lower if it gets too easy in week 3–4



3 **A**

STEP UP (USE CHAIR OR STAIRS)

- 3 sets x 10 –12 reps
- **REST:** 60 – 90 seconds AFTER both 3A and 3B has been completed.



3 **B**

WALKING LUNGES (BODY WEIGHT OR RESISTANCE BAND)

- 3 sets x 10 –12 reps
- **REST:** 60 – 90 seconds AFTER both 2A and 2B has been completed.

TIPS

- Never 'lift off' with lower foot. ALWAYS drive from upper heel
- SLOWLY on the down don't jump or fall down.
- Finish one leg before doing set on other leg. Don't alternate.
- ONLY If you don't have enough space for 10 walking lunges do forward lunge back lunge from one standing position

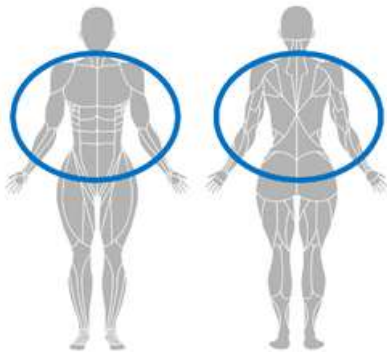
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SQUAT TO CRUNCH

- 3 sets x 8 reps (per side)



DAY 2: UPPER BODY



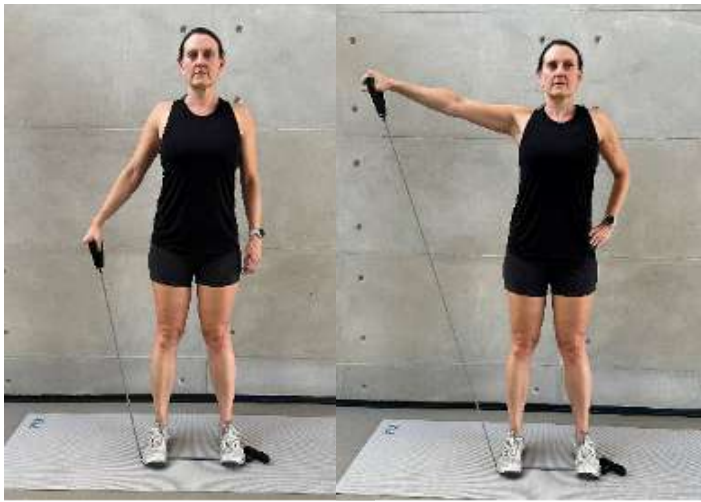
1

CHEST PRESS (BAND OR VERY LIGHT WEIGHTS)

- 1 set warmup
- 2 sets x 10-12 reps
- **REST 60 – 90 seconds**

TIPS

- Keep your entire back flat on the floor you should not be using your back muscles
- Don't stop to rest your elbows between reps
- Elbows should not rest on the floor for longer than 0.5 seconds



2A

**ALTERNATE SIDE ARM
RAISE (WATER BOTTLE OR
500ML BOTTLE WITH
SAND/ SMALL WEIGHT)**

- 1 set warmup
- 3 sets x 8 reps
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**



2B

**ARM CURL WITH 2KG
WEIGHT OR 500ML BOTTLE
FILLED WITH SAND**

- 1 set warmup
- 2 sets x 10-12 reps
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**

TIPS

- Note on lat arm raise palms facing down. Don't lift much higher than your shoulder
- On arm curl palms facing up



3

**SINGLE ARM ROW (BAND OR
SMALL WEIGHT)**

- 3 sets x 10 -12 reps
- **REST: 60 – 90 seconds.**

TIPS

- Keep back straight and don't swing for momentum



4

TRICEP DIP

A

- 3 sets x 12 reps
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**



4

B

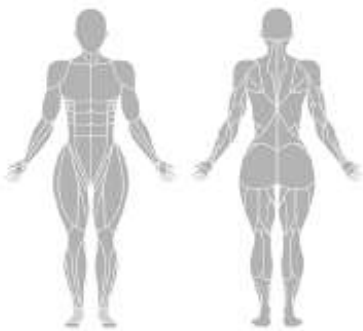
RUSSIAN TWIST

- 3 sets x 10-12 reps
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**

TIPS

- Tricep dip ensure that your chair or stair is stable and won't move or give out under you/
- Russian twist - Try to keep your feet still, turning from left to right as one rep.
- When it gets too easy add a book or some form of weight

DAY 3: FULL BODY



1

WALL SIT

- 3 sets x 15 – 30 seconds or as long you can even 5 seconds will be helpful.
- **REST: 90 seconds after completing all reps per set.**



TIPS

- Legs at 90 degrees.
- Do as long as you can hold. Initially this might only be 10 seconds but it will quickly improve.



2 **A**

HEEL ELEVATED SQUAT

- 1 set warmup
- 3 sets x 10 – 12 reps
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**



2 **B**

DONKEY KICK (RESISTANCE BAND)

- 3 sets x 10-12 reps
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**

TIPS

- Heel squat – lift you heels off the ground and perform the squats.
- Keep back straight and head in neutral position.



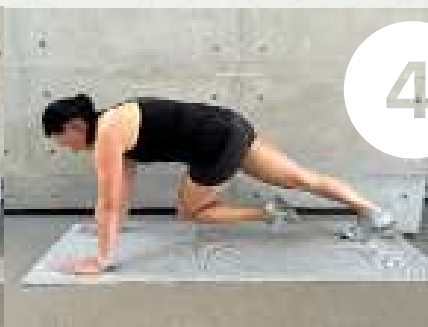
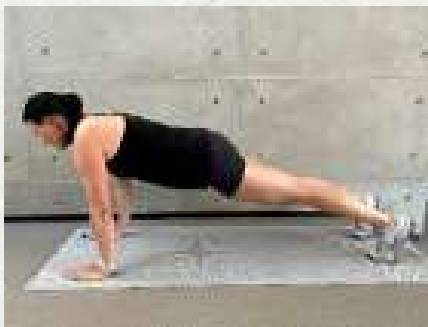
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PLANK

- 3 sets x 20 – 60 seconds (as long as you can last up to 60 seconds)
- **REST: 60 – 90 seconds.**

TIPS

- Keep back straight and keep your core engaged. As if someone can punch you in your stomach.

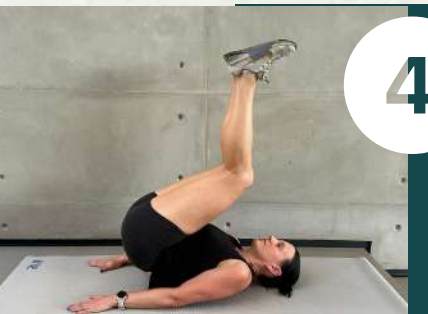


4

A

MOUNTAIN CLIMBER

- 3 sets x 10 – 12 reps
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**



4

B

REVERSE CRUNCH

- 3 sets x 10 – 12 reps
- **REST: 60 – 90 seconds AFTER both 2A and 2B has been completed.**

TIPS

- If bringing your knees up towards your elbows is too difficult at the start, just repeat a set of planks.
- Reverse crunch – keep your shoulders glued to the floor.

Congrats! You've survived your first week of getting stronger!



GET SUPPORT TO ENSURE YOU DEVELOP *HEALTHY HABITS* REACH AND ATTAIN YOUR GOALS.

A Healthier Way to Work

A study, “Effects of Internet Behavioural Counselling on Weight Loss in Adults at Risk of Type 2 Diabetes” shows that participants who had the support of weight loss coaching lost more weight than those who didn’t. The study concluded that the support of a weight loss coach can significantly improve weight loss results.

Being overweight or obese has been identified, alongside smoking, as one of the most preventable major health risks to developing cancer. Even small weight losses have been shown to have beneficial health effects. So it’s never too late to start and you can never be too young or too old to be concerned about your health and do something about achieving a more healthy weight.

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The logo for IAMME is displayed on a dark teal square background. It features the word "IAMME" in a white, serif, all-caps font. A thin, light-colored line is drawn over the letters, starting from the top of the 'I', looping around the 'A' and 'M', and ending at the top of the 'E', creating a stylized, continuous graphic element that integrates with the text.

IAMME



I AM ME

HEALTHY AGEING IS AN ACTIVE PROCESS

Build Strength That Lasts

Maintaining strength is one of the most effective ways to support longevity and quality of life.



Enhance muscular strength.



Improve balance and coordination.



Support bone health.



Promote functional fitness.



Maintain an active lifestyle.



Training from

R350

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