

Having had the privilege to practice strength training for many years, I have learned first-hand, often the hard way, many of the fine details that make it successful and rewarding as well as some of the pitfalls that can cause it to be a disappointing experience. Just as importantly, being able to work with adults for the past fifteen years in our clinical exercise facility, the Strength for Life® Health and Fitness Center, has given me the opportunity to help many people succeed at strength training. This experience, along with information culled from many other well-written volumes on strength training, has inspired me to see it as something much more complex than is commonly thought. It is not just a way to build up muscle and bone mass so that you can perform better in your favorite sports and physical activities for longer in your life than you ever thought possible. It is not just a way to prevent or reverse osteoporosis and adult-onset diabetes. It is not just a way to look better. It is not just a way to live longer, although studies are beginning to show this to be true. It is not just a way to improve your health. It is all of these. But it is also, above all, one way to really feel good, to enjoy life to the fullest again. Many of us have forgotten what it is to feel like skipping, riding a horse, dancing, or going up stairs two or three at a time. The energy you derive from strength training can actually help you feel this way again. Instead of fretting about things you can not do anymore or can not do like you used to do, you will find yourself thinking about and attempting new activities because you feel physically excited and energized to try them. So cast away your old misconceptions and suspicions about strength training and prepare yourself for a new experience. You are going to discover why you should be and how you can be stronger after 40 and that being stronger after 40 is a great way to begin celebrating today and every future day of your life.