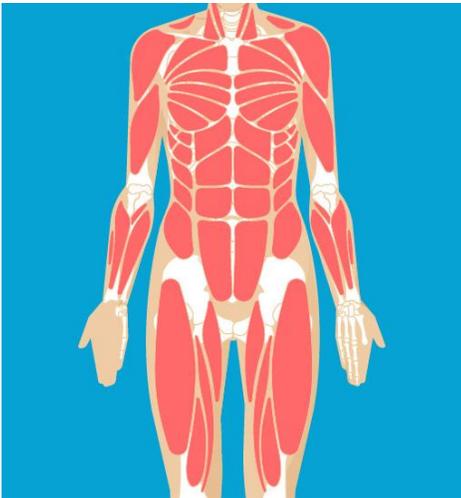


## “Muscular Reparation and Regeneration”

### How to Stimulate “Later Life” Cellular Regeneration with Exercise and Healthy Nutrition

**What We Know:** Exercise and healthy nutrition can stimulate “later life” cellular regeneration and actually reverse the aging process with long term, healthy life style choices and personal dedication to physical fitness.



**Repair and replace body tissue to prevent injury and illness.**

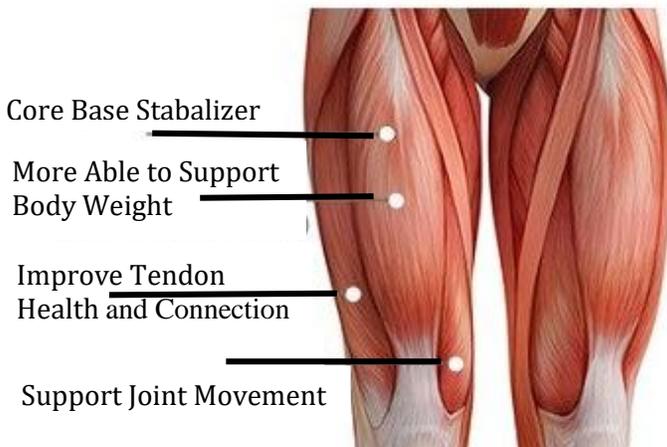
**Obesity:** alone causes all of these health issues and many more.

**Inactivity:** Sedentary lifestyle is the number one contributor to poor health and body mechanics.

**Unaware:** Being unaware is how this all happens. We must educate the community on the importance of Healthy Lifestyle Choices and how to implement them daily.

Putting stress on bone and muscle tissue through strength training and moderate to rigorous aerobic conditioning, causes increased bone density with strengthened tendons and cartilage.

**Not all but many Knee and Hip injuries and issues could be drastically reduced by, Increasing Red Muscle Tissue and Oxygenating Bones with Strength Training.**

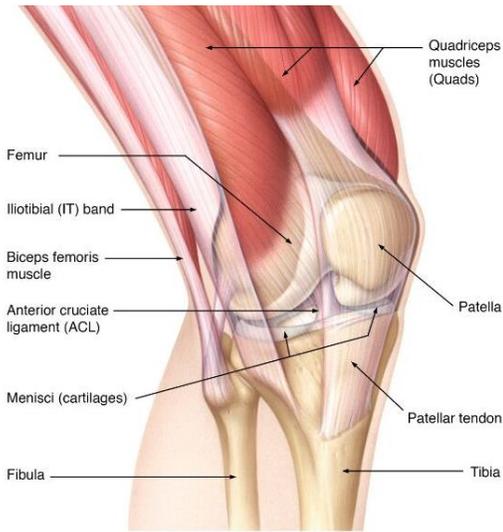


Increasing muscle tissue and strengthening bones with exercise and nutrition causes core stability, mind muscle connection and balanced posture

The ability to stand straight with natural posture relieves the pressure on joints **reducing or reversing the degradation of bone and muscle tissue.**

**Muscle tissue is created for all ages in the same manner with the same techniques**

## Prevention of or Recovery from, Knee and Hip Repair or Replacement: Muscle Tissue and Bone Tissue



**Muscle Tissue** adapts to greater physical demands with tiny micro-tears in the muscle itself.

**How?** During recovery after exercise, these micro-tears fill in with nutritionally provided protein (amino acids), increasing the size of the muscle and producing more strength to carry and protect the skeletal structure.

**Bone Tissue** adapts to greater physical demands by increasing its density and strength to accommodate these new requirements.

**How?** When a muscle contracts, the tendons pull against the bone to cause the movement. The tendon's pulling movement against the bone causes oxygen to be absorbed by the bone tissue.