



February – Fight Against Frailty



Not long ago, a common phrase to hear in the health and fitness world was ‘sitting (too much) is the new smoking’. An article written by John Anderer on November 11, 2022, states that ‘weak muscles could be the new smoking when it comes to healthy aging’. Reading this article was a reality check – even for me who is deeply involved in the fitness and health industry.

Over the past year, due to stressful events in my life, I lost weight. I lost pounds that I could not afford to lose, and my strength levels took a HUGE hit. I have come to realize that I need to commit more to my health and fitness journey, and maybe you do too. Whether you have lost weight or gained weight, we all need to join the fight against frailty. Research and statistics do not lie, and frailty is proving to be a very powerful indicator of disease and mortality.

The crazy thing is what we must do is quite simple. As simple as performing some resistance exercises each day. With strong evidence of the link between muscle weakness and acceleration in biological age, we need to start maintaining our muscle strength as we age, to better protect ourselves against age-related illness and disease. The better our strength, the better our health is in the long term. So, let's pull out the resistance bands, dumbbells or get our butts to the weight room today!

Let's fight frailty together!

**Until next time,
Stay Fit. Stay Engaged. Stay Connected.**

Kerri

Don't forget to join the private MVP+ Facebook Group!



Connect with Kerri and Gunther

Kerri and Gunther will be in the Weight Room from 11:00am to 12noon on the following Wednesdays. Drop by. Ask a question. Workout. Join the Fight against Frailty! **Feb 15 • Mar 8**



Health Promotion Kingston: Register for Programming in February

Who qualifies for these programs? All Strengthening the Forces programs and workshops are open to retired military personnel AND... [Read more!](#)



Selling your home?

Tips on how to Maximize the value of your property! Selling a home can and should be well prepared in advance. Getting ready and promoting early helps... [continue reading](#)

Martin Ouellet

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Contest

What resistance / strength exercise do you find challenging? Do you have a favorite? Tell us for a chance to win a prize!

[Begin](#)

****Contest only allows for those participating to win once each fiscal year.****

Congrats to last month's winner, D Hynes!!

Sweets & Strikes

MVP Program Valentine Event
for Veterans & their Valentine !



Monday 13 February
1300-1500hrs



@ Garrison Bowling Lanes

Surprise your Valentine!

Attend a 'sweet', fun, MVP event one day early!

**5-pin Bowling, Sweets to eat,
Gifts to receive, Prizes to win!**

Book your spot today!

To book, call Kerri @ 613-449-3808



Thanks to our
generous Sponsor,
CHARTWELL
this event is FREE
for MVP Veterans
and their Valentine!

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