BRET KLIETHERMES *is owner of* **STRONG HUMAN FITNESS LLC,** *a personal training company that offers Complete Fitness Programs to help his clients reach their personal health and fitness goals. Bret has a Bachelor of Science in Health & Wellness Promotion from Missouri State University, is a Certified Strength & Conditioning Specialist and Professional Member of the National Strength and Conditioning Association.*

Bret works with clients at The Fitness Partner, Inc., a boutique gym located at 14528 South Outer 40 Road, Chesterfield 63017. For 25 years, owner/operator Randy Stone has offered a more private alternative to the large box gyms that are often noisy and overcrowded. Now Bret has purchased The Fitness Partner, and Randy continues to train his clients there.

Bret offers both private and semi-private training to fit all budgets and schedules. For a no-obligation, no-pressure consultation to discuss your goals and programs, you can call Bret at 314-691-9040, email bret@stronghumanfitness.com or visit www.stronghumanfitness.com.

THE FITNESS PARTNER GYM IS NOW OPEN, AND THEY ARE OBSERVING ST. LOUIS COUNTY HEALTH GUIDELINES TO PROTECT CLIENTS AND STAFF.

HEALTH AND FITNESS FOR THE REST OF YOUR LIFE

Forget claims of quick results. Get ready for the years ahead.

BY BRET KLIETHERMES

As we age, the natural tendencies are muscle atrophy, unhealthy weight gain around the middle, joint aches, loss of flexibility and balance. It is important to know that these are not inevitable, but rather are the effects of sedentary lifestyle, lack of exercise, poor nutrition and injuries.

In 2019, the American College of Sports Medicine, the American Cancer Society, and 15 other groups put together new guidance that exercise can contribute to the prevention of bladder, breast, colon, esophagus, kidney, stomach, and uterine cancer. Regular exercise does this by reducing inflammation, keeping weight under control and boosting the immune system.

Face it: what you really want is to be healthy, toned, at controlled weight and safe from injury for the rest of your life.

The good news is that you can. The only way to get there, though, is to be on a consistent exercise and nutrition program for the rest of your life. There's no way around that. So, what you really need right now is not a quick fix, but a place and a trainer that can really get you the start you need that will be a direct path to your long-term goals.

Think of the place where you exercise. Big health clubs and gyms may have lots of equipment, but are they really inviting places with members who are familiar to you and encourage you for what you want to achieve? A more intimate, familiar atmosphere with people you know can really make a difference. And a personal trainer who really gets to know you and your goals and custom designs an exercise and nutrition program to get you there can make all the difference in the world.

CASE STUDY – TED SCHOLTZ

Ted Scholtz is a 66-year-old software executive who retired at the end of 2021. Very active in sports when he was younger, 28 years ago Ted embarked on a serious fitness program focused on frequent exercise sessions at The Fitness Partner, as well as running, basketball, biking and roller blading. Ted says, "I came into the Fitness Partner knowing no one and zip about strength training, but over the years I have packed on 15 pounds of muscle and the strength training really helps my cardio activities. I have also made several friends for life - The Fitness Partner is like family."

This has enabled him to hike many Colorado "fourteeners," several trips up Half Dome & Manitou Steps, in and out of the Grand Canyon multiple times, and hike many trails in 40 of our National Parks. And to indulge his love of good cuisine, especially Italian food, while keeping his weight what it was when he was in high school. Check out the photo of Ted and me on our hike last fall going Rim to Rim at the Grand Canyon.