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I want to endorse my fitness mentor Tammy Mealy and Next Age Fitness. When hearing about Next Age Fitness in Powercore, initially I was skeptical. It sounded too good to be true. Twenty minutes a week can maintain and increase strength. I am not a gym rat so I said it is worth a try. I went for the first time and was very impressed because the computer keeps track of your efforts. This allowed me to have a goal each session and force me to give my maximum effort with each repetition. The other good thing about 20 minutes once a week is, it impossible for me to justify missing a session because I don't have time.

After 6 months of going to next age fitness I did a body composition analysis and found that my muscle mass has increased. According to a study done at Tufts University the number one sign of aging is decreased muscle mass. This is why strength training is so important.

As a physician interested in patients maintaing function throughout life Tammy Mealy and Next Age Fitness is the Powercore member that I have given the most referrals. All of my patients that have been to Next Age Fitness have thanked me for the referral. They comment on how different and innovative the workout is from what they have previously experienced.

I recommend Next Age Fitness to anyone that is looking for an effective workout that can fit into anyone's schedule.

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