

**REACH YOUR
FITNESS
GOALS WITH US**



www.50plusfitness.nz

USE IT OR LOSE IT

THE HUMAN BODY IS MADE TO MOVE. LETS
START A MOVEMENT ONE STEP AT A TIME

CHARLIE WONG
PERSONAL TRAINER





Movement For Health

CHARLIE WONG
PERSONAL TRAINER



INTRODUCTION

"Hey, I'm Charlie. I work with adults over 50 who want to feel stronger, more flexible, and full of energy. I create fun, customized workouts that improve balance, coordination, and overall fitness—so you can keep doing the things you love and feel great doing them. Whether it's playing with grandkids, or just feeling better day-to-day, I'm here to help you move, feel, and live better!"

"Charlie is a great coach, calm, knowledgeable, and able to adapt a program that takes my particular fitness needs into consideration." -

Jonno

MOVE WITH PURPOSE AND INTENTION

Is a powerful concept, especially relevant for healthy aging, fitness, and overall well-being

- **Purpose:** Every movement has a goal—whether it's improving balance, strengthening muscles, or simply enjoying a walk with friends.
- **Intention:** You're present in the moment, aware of how your body feels and moves. This promotes better form, safety, and results.



“Don't just move more. Move with Intention.”

Make it a Mindset Change



“Exercise should not be a chore- its should be fun”



MUSCLE AND BONE STRENGTH

- After 50, we naturally lose muscle mass (sarcopenia) and bone density (osteopenia/osteoporosis).
- Exercise, especially strength and resistance training, slows this loss, reducing the risk of falls and fractures.

HEART AND METABOLIC HEALTH

- Cardiovascular disease, diabetes, and high blood pressure are more common after 50.
- Regular aerobic exercise improves circulation, lowers blood pressure, balances blood sugar, and supports heart function

BRAIN FUNCTION AND MOOD

- Exercise stimulates brain chemicals that improve mood, memory, and cognitive sharpness.
- It may reduce the risk of dementia and Alzheimer's disease.



MAINTAIN A HEALTHY WEIGHT

- Metabolism slows with age, making weight gain more likely.
- Physical activity burns calories and helps regulate appetite hormones.

FLEXIBILITY, BALANCE, AND COORDINATION

- Exercises like yoga, tai chi, or functional strength training reduce fall risk, which is a major cause of injury in older adults.



ENHANCES SLEEP AND REDUCES STRESS

- Movement helps regulate sleep cycles and lowers stress hormones like cortisol



INDEPENDENCE AND QUALITY OF LIFE

- Staying physically active helps you move with confidence, perform daily tasks, travel, and enjoy hobbies without limitation.

HOW OFTEN?

- Aim for at least 150 minutes of moderate activity per week (e.g., brisk walking), plus 2 days of strength training.



NOTE: If you have any health issues always check with a qualified medical practitioner BEFORE starting and exercise program.

Information is for educational purposes only and should not be seen as a diagnosis or medical treatment.

CHECKLIST.

Before you start



Get Medical Clearance

especially if you have pre-existing conditions or are new to exercise



Identify your goals

e.g. strength, balance, weight management, flexibility, cardiovascular health



Choose activities you enjoy

walking, swimming, Pilates, dancing, resistance training, etc.



Wear proper footwear and comfortable clothing

Dress for the conditions



Stay hydrated

Before, during, and after



Always Warm Up and Cool Down

Warm up to prepare, Cool down to recover. Both are vital for injury prevention, better performance, and long-term joint and muscle health — especially over 50

50 PLUS FITNESS



Our Purpose

Being physically active is a step towards making a difference. "Movement For Health"

Where to next?

injuries can and do happen if you haven't exercised for a long time. Not knowing what you're doing can lead to serious injury.

That's where I can help!

Stuck and dont know where to start then
contact :

charlie@50plusfitness.nz

To learn more about exercise, be more informed and learn how 50 Plus Fitness plans to create a healthier world - One person at a time!

[Sign up here](#)