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## **Resistance Training at Home for Building Strength and Muscle, and Improve Your Health, with Chris and Jamie Campagnola**

### **Transformation Weight Control**

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Did you know that while you lose weight you can lose more than 30% of your weight from muscle? That means that your metabolism, and physical strength and endurance, will all decline, and especially so as you age. It's a guarantee that no one is building and preserving muscle and strength as they age if they are sedentary. You may have already noticed your strength in decline. Do you have trouble lifting items that used to be easy? Are activities of daily living such as walking down the street, climbing stairs, carrying packages, or just getting out of a chair or off the sofa harder than it used to be? How about getting down and up off the floor? Or dependent on others to do the heavy work for you? Are you having trouble with balance, falling, or your posture? Have you been told you have low bone density (osteoporosis or osteopenia)? Do you have a chronic disease such as diabetes, cardiovascular disease, or arthritis?

If you answered yes to any of the above, then resistance training will help.

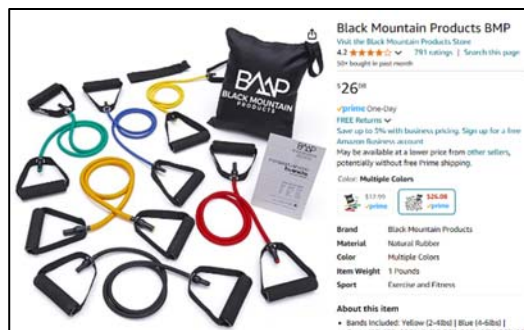
Join Chris Campagnola, Certified Strength and Conditioning Specialist with more than 30 years of fitness training experience, and his wife Jamie Campagnola, certified personal trainer (National Academy of Sports Medicine), for a 45-minute resistance exercise class online (Zoom) using exercise tubing, bands, and even just your body weight. This class is okay for beginners and seasoned resistance exercisers as well!

It's never too late for anyone to start, nor learn new exercises and training regimens, no matter your age, ability, or current fitness level!

Exercise tubing and bands are very effective at building muscle and strength. You can use them at home without the clutter of lots of dumbbells, you can store them away in a closet, and they won't damage your floors, or your toes, if you drop them! Chris and Jamie will be teaching you how to use the tubing and bands, as well as exercises just using your own body weight, in this 45-minute exercise class. If you don't have exercise tubing or bands but want to purchase them, we recommend that you purchase the following:

On Amazon:

- 1) Black Mountain Products New Strong Man Set of 6 Resistance Bands. Model name: BMP; Part number: 728028012255  
**LINK** [https://smile.amazon.com/Black-Mountain-Products-Strong-Resistance/dp/B003VPLWTO/ref=sr\\_1\\_58\\_sspa?crd=3038CYUENDFYV&keywords=resistance+bands&qid=1656020793&sprefix=resistance+bands%2Caps%2C64&sr=8-58-spons&psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEyWFNHQkRRRVA1U1U0JmVuY3J5cHRIZElkPUeWNTeZOTAMzVFOvk4UEZTMzBTMCZlbnNyeXB0ZWRBZEIkPUeWnzK1NDM1MU45OUdMTFJJSJpJSSZ3aWRnZXROYW1IPXNwX2J0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRYdWU=](https://smile.amazon.com/Black-Mountain-Products-Strong-Resistance/dp/B003VPLWTO/ref=sr_1_58_sspa?crd=3038CYUENDFYV&keywords=resistance+bands&qid=1656020793&sprefix=resistance+bands%2Caps%2C64&sr=8-58-spons&psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEyWFNHQkRRRVA1U1U0JmVuY3J5cHRIZElkPUeWNTeZOTAMzVFOvk4UEZTMzBTMCZlbnNyeXB0ZWRBZEIkPUeWnzK1NDM1MU45OUdMTFJJSJpJSSZ3aWRnZXROYW1IPXNwX2J0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRYdWU=)



- 2) If you'd like to work your lower extremities (hips, buttocks, and legs), we recommend: Fit Simplify Resistance Loop Exercise Bands. Model name: FBA\_XCEX-01; Part Number: XCEX-01 on Amazon:  
**LINK:** [https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr\\_1\\_1?crid=15CNRK92WAZ5Z&dib=eyJ2ljojMSJ9.HVK1j43MCm\\_bq7ro8d1aTGWDrDKSboac-noMR-wPMiMmpgdLRWxHWYM9oIcK7QHoAxZgj9p-89xwYtQBeaxrqMuZ03WrFzXG7XWL\\_esliHU0ye1JcdRtKIUPpuUjSZNZ2Q0OK9eFtW3qcgqZN4\\_J8Jdzb1\\_QhGJMzO5DAgBxJUAMzjq22PiW4msH0LCS5YBDT40sxPY99TkMY9OhSW5--yEBbGMpCq\\_70XE8hSjR2O\\_gOhMEiMuT3Tviu-JDsGC5cADZimFun4aPRSfyRIR77hs6FgW65Mx-ZyMJ0PZ1GE.6xVvJcCvUrSCiIv5J-B1r3i\\_SEBV3UPzOrIHl2MUR9Rw&dib\\_tag=se&keywords=fit+simplify+resistance+loop+exercise+bands&qid=1723826092&sprefix=fit+simplify+resistance+loop+exercise+bands%2Caps%2C138&sr=8-1](https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr_1_1?crid=15CNRK92WAZ5Z&dib=eyJ2ljojMSJ9.HVK1j43MCm_bq7ro8d1aTGWDrDKSboac-noMR-wPMiMmpgdLRWxHWYM9oIcK7QHoAxZgj9p-89xwYtQBeaxrqMuZ03WrFzXG7XWL_esliHU0ye1JcdRtKIUPpuUjSZNZ2Q0OK9eFtW3qcgqZN4_J8Jdzb1_QhGJMzO5DAgBxJUAMzjq22PiW4msH0LCS5YBDT40sxPY99TkMY9OhSW5--yEBbGMpCq_70XE8hSjR2O_gOhMEiMuT3Tviu-JDsGC5cADZimFun4aPRSfyRIR77hs6FgW65Mx-ZyMJ0PZ1GE.6xVvJcCvUrSCiIv5J-B1r3i_SEBV3UPzOrIHl2MUR9Rw&dib_tag=se&keywords=fit+simplify+resistance+loop+exercise+bands&qid=1723826092&sprefix=fit+simplify+resistance+loop+exercise+bands%2Caps%2C138&sr=8-1)



Chris Campagnola – BA, CSCS, LMT, ACE



Jamie Campagnola – NASM

Chris is a certified strength and conditioning specialist and has been a personal trainer for 30 years. He's worked with individuals and groups, with populations ranging from young and fit to older adults with neuromuscular and skeletal conditions. Chris develops an excellent rapport with his clients, and has the ability to tune in to any physical limitations one may be experiencing and modify the exercises accordingly. You'll feel safe and well taken care of with Chris as your exercise leader.

Jamie is an NASM certified personal trainer and health coach. She specializes in virtual group training with a focus on individuals who are new to exercise. Her gentle approach makes her clients feel very welcome and at ease incorporating the HABIT of exercising into their weekly schedule. She is excellent at understanding what makes one feel good through movement.

For further reading check out resistance exercise articles by our fearless leader, Rich Weil:

[https://www.medicinenet.com/weight\\_lifting/article.htm](https://www.medicinenet.com/weight_lifting/article.htm)

[https://www.medicinenet.com/how\\_muscles\\_work\\_and\\_respond\\_to\\_resistance\\_exercise/views.htm](https://www.medicinenet.com/how_muscles_work_and_respond_to_resistance_exercise/views.htm)