

## **Power:**

We all are encouraged to make our body stronger, leaner, fitter.

We all lose muscles after age 30 and up. So use them or lose them! It is never too late to start - unless on our personal Ascension Day. Let us empower our decades here on Earth and become strong.

Trained oldtimers 70 and above are often stronger than lazybones in their Thirties. Arnold knows.

A muscular frame prevents injuries, back aches, and other junk nobody wants to incorporate. Eat healthy. Late big meals may affect your sleep. No or very little 'junk food', little to no hard drinks and soft drinks as well. Avoid artificial sweeteners. Never smoke. Avoid sitting for longer periods. Move on the chair. Stand up when making a phone call. Ensure enough sleep. Power nap if necessary for 10, 15 minutes.