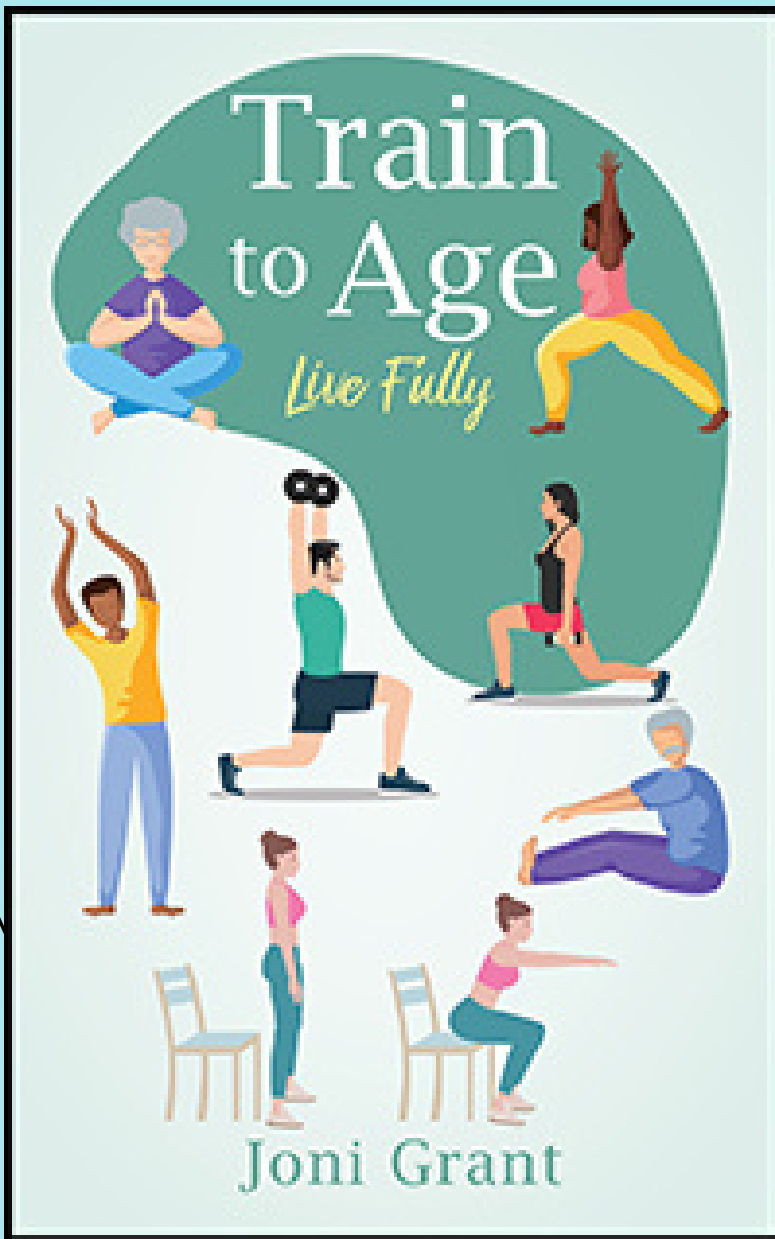


TrainToAge.com



AUTHOR

Joni Grant

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About Me

I discovered resistance training when I was 58 and I was competing in powerlifting events by the time I was 60. I fell in love with resistance training. What surprised me were all the physical changes I experienced. After two years of training, I was stronger, moved better, and had better balance. At 66 I am stronger than I was at 20. My book *Train to Age* was born from the lessons I've learned that need to be shared with every active ager. Resistance training combined with Cardio can help an active ager build muscle and bone and improve balance and mobility.

And what is the most important rule? Find what you love! Fitness doesn't have to be a daily grind.

Certifications

- ACSM Certified Personal Trainer
- Living Fit Kettlebell Advanced Certification
- Functional Aging Specialist
- Functional Aging Group Exercise Specialist

