

Welcyon members double their strength within a year of joining

Analysis Included:

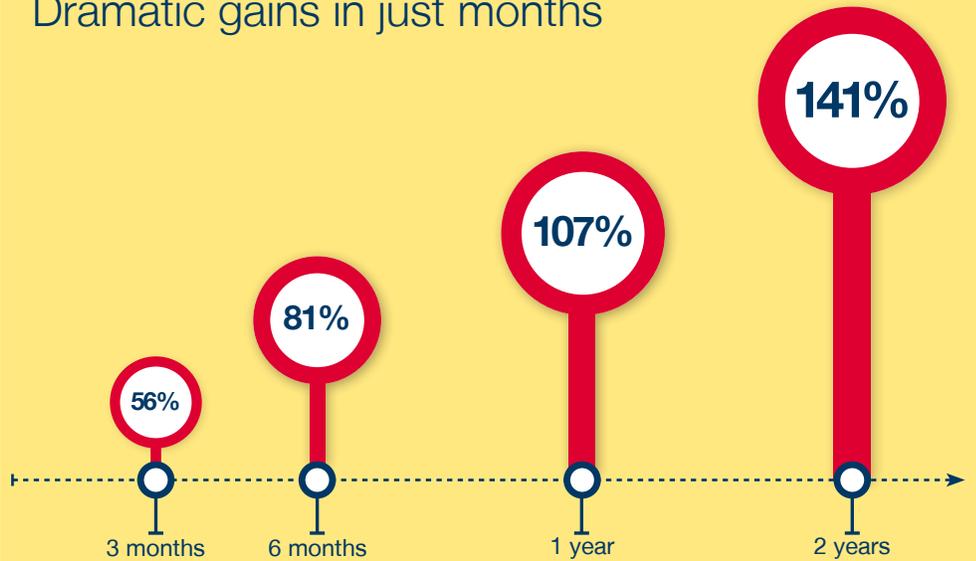
More than **700** Welcyon members (men and women)

Ages 50 and above

An average of **13** strength exercises per workout

Nearly **77,000** workouts (April 2010-December 2013)

Dramatic gains in just months



Why Strength Training?

Studies show that after age 50, inactive adults lose an estimated 10% of muscle mass per decade.

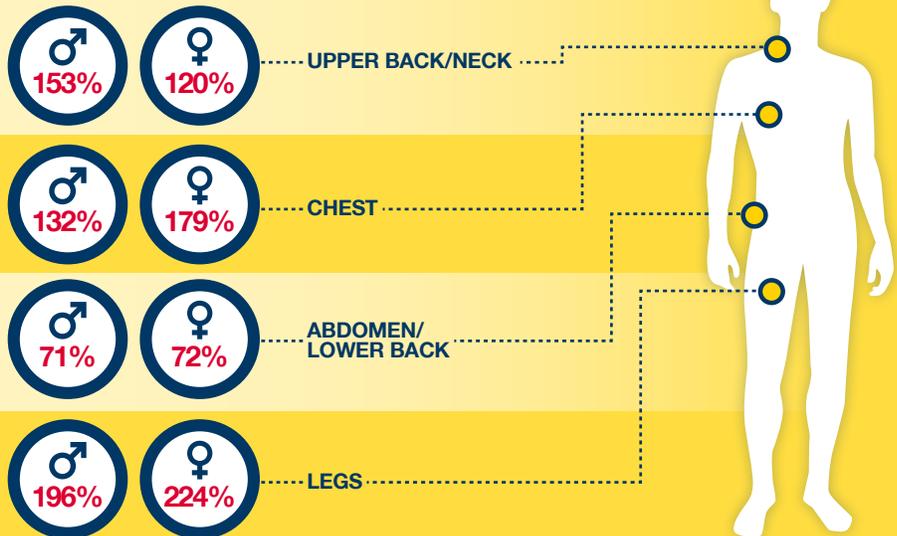
The good news is that this dramatic loss, along with many of the negative effects of aging, can be reversed significantly with safe, supervised strength exercise.

Rebuilding muscle can help you:

- Rediscover strength and energy to perform simple tasks and enjoy lifelong pleasures
- Burn more calories for weight loss
- Improve chronic conditions like arthritis, diabetes and heart disease

A detailed analysis of nearly 77,000 workouts performed by more than 700 members shows, on average, Welcyon members double their strength within a year of joining.

Muscle Groups with Biggest Gains



Stronger, Healthier, Happier Members!

Do things you haven't done in years!
Here's how getting stronger can make a difference in your life:

- Travel near and far
- Outplay your grandkids
- Dance the night away
- Bike longer and harder
- Try a new sport or hobby
- Lift bags and boxes with ease

STEVE AND ANN G.

Power Couple

overall strength gains

416%

Steve

125%

Ann

Steve came to Welcyon to continue his progress after rehab for a herniated disc. Ann wanted to keep challenging herself because walking around her neighborhood wasn't enough.

"When my husband hit 52, he could hardly walk because his knees and hip were totally out of whack. Now we are in our late 50's and work out regularly at Welcyon. We traveled to Norway and both of us had the strength and stamina to walk six to seven miles a day sightseeing. It's unbelievable."

—Ann G.



DON R.

Pushing the Limits

overall strength gains

136%

Just a few years back, exercise wasn't even on Don's radar until he was treated for coronary artery disease. When he came to Welcyon, he was incredibly weak and practically started from zero. Don has made huge strength gains and even regularly completes 60 push-ups on his own.

"Following surgery, I was so weak and winded that I would have to sit down after just one trip around my driveway. I tried Welcyon and got so much stronger. As for the push-ups, I started off slowly. At first, I could only do five and I had to use my knees. From there I just kept building and now I can do them with one leg in the air."

PATTY S.

Pure Energy

overall strength gains

341%

Patty never thought she'd ever join a gym, until Welcyon came along. She says the workouts are challenging, but not intimidating—and credits that for her success.

"Because I'm stronger, I have all of this energy and I find that I participate in life more. I'm out playing with my grandson and say yes to more activities. I love to cook and with more stamina, I can stand for hours on my feet experimenting with different recipes."

