

## FITNESS TIP



# September Fitness Tips from James LaValle, RPh, CCN

As summer transitions to fall, September is the perfect time to renew your commitment to wellness. Here are science-backed fitness strategies from James LaValle, RPh, CCN, Chief Science Officer at Life Time and Metabolic Health Expert, to help you move with purpose and maximize your longevity—no matter your age or baseline.

### 1. Prioritize Consistency Over Intensity

A steady routine trumps short, sporadic bursts of intense activity. Research shows regular, moderate movement (like a daily 30-minute brisk walk) improves cardiovascular health, metabolism, and mood.

### 2. Strength Train for Healthy Aging

Preserve muscle and metabolic health by incorporating resistance training two to three times weekly. Even bodyweight exercises like squats, lunges, and pushups help maintain strength, improve blood sugar control, and support healthy aging (“inflammaging” reduction).

### 3. Train Your Metabolic Flexibility

Vary your workouts—alternate cardio, strength, and flexibility sessions—to boost metabolic flexibility. This adaptability allows your body to switch efficiently between burning fats and carbs, which LaValle emphasizes as crucial for longevity and disease prevention.

### 4. Don't Skip Recovery

Rest and sleep regulate stress hormones and accelerate recovery. Chronic sleep deprivation impairs metabolism and exercise benefits—aim for 7 to 8 hours per night, and include mobility or yoga days in your routine.

### 5. Move Throughout Your Day

Sedentary behavior is a hidden health risk. Break up sitting time every 30–60 minutes with short walks or light activity—just standing and stretching counts toward metabolic health.

### 6. Track Your Progress, Not Perfection

Use fitness trackers, journals, or simple checklists to stay motivated and adjust your routine. Find joy in gradual progress and celebrate small wins for sustained change.

### LaValle says:

“September is your chance for a metabolic ‘reset.’ Focus on consistency, functional movement, and staying active every day. Small, daily changes add up over time to transform your metabolism, support your immune system, and help you thrive at every age.”