

9/27 - 5 Reasons to Take Collagen Daily

Want to look and feel younger? Of course you do - who doesn't?

> It's time to think about Collagen

1. Loose skin and wrinkles

Some of the first signs of aging are loose skin and wrinkles. Taking collagen every day is an effective remedy to improve elasticity, wrinkling, and even hydration in human skin.

2. Cracked and brittle nails

Brittle nails have a tendency to crack, chip, and peel. And as collagen levels deplete, the likelihood of experiencing brittle nails increases. That's because collagen, along with keratin, is one of the main proteins in the nail bed. And collagen supports your body's natural production of keratin.

3. Stiff, achy joints

Osteoarthritis is the most common form of arthritis and affects about 31 million Americans. It breaks down the cartilage in your joints, causing bones to rub together. This naturally leads to pain, swelling, and stiff, achy joints.

However, studies have shown that taking collagen daily may help ease joint pain significantly. In fact, supplementing with collagen even reduced bone loss and increased bone formation.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at <u>Eliteptf.com</u> for more information and to schedule your evaluation.

Elite Personal Training and Fitness Solutions | 215-947-2099 |1800 Byberry Rd # 703 Huntingdon Valley, PA 19006

More Benefits of Collagen

4. Flabby, weak muscles

Everyone has areas on their bodies they are self-conscious about and want to tone up. Flabby arms — especially during summer months — often top the list for insecurity. But there's good news!

Up to 10 percent of muscle tissue is made up of collagen. It's the protein that keeps your muscles taught and toned. Research suggests that taking collagen helps improve muscle proteins like creatine while stimulating muscle growth postexercise.

Whether your muscles have deteriorated naturally with age, or because of a sedentary lifestyle, collagen will help boost your muscle mass.

5. Gut Health

The lining of your intestines is a very thin skin that easily gets punctured and causes leaky gut. Collagen helps tighten that skin also and improves immunity and overall gut health!





Take-Home Message

Reach out to us on how you can start on collagen supplementation or any other dietary/supplementation needs.

David Trumbore PT, DPT, CSCI, CWT, CPI

Tip of the week 9/27 page 2

ELITE PERSONAL TRAINING AND FITNESS SOLUTIONS | 215-947-2099 |1800 BYBERRY RD # 703 HUNTINGDON VALLEY, PA 19006