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[SILVER STARS FITNESS: A CONVERSATION WITH A LOCAL FITNESS SPECIALIST FOR OLDER ADULTS \(SPONSORED\)](#)

Posted on June 15, 2015 at 7:15 pm by West Sider

FITNESS FOR REAL LIFE

THE 8 KEYS TO
A STRONG, POWERFUL,
AND YOUTHFUL BODY!



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Jason Greenspan is the CEO and Founder of Silver Stars Fitness. He has over 20 years of experience working with the baby boomer & beyond client, is a certified senior fitness specialist, fitness presenter, published author of two fitness books and has appeared on CBS with Dr Max Gomez, NY 1 and has been featured in the NY Post, The Washington Post, Men's Fitness, Shape Magazine and Crain's.

Q – What makes you an “expert” on older adult fitness?

A – In addition to having multiple certifications and a specialty certification by the National Academy of Sports Medicine on older adult fitness I’ve dedicated the last 15 years of my fitness career to obtaining as much knowledge as possible about exercise and how it can slow down the aging process. I’ve learned from some of the best minds in the industry and continue to learn something new each week. I’m constantly reading, attending workshops and now passing on to others what I’ve learned.

Q – What would you say is the biggest misconception about older adults and exercise?

A – It’s not uncommon to hear “I’m too old to get stronger” or pain is part of aging and I’m not going to get better! This mentality is the furthest from the truth. Studies show that you can increase muscle and strength, in addition to balance, coordination agility, etc... at any age. You might not see improvements as fast or as much as when you were younger, but you certainly can increase your level of fitness that will help increase your quality of life.



Q – What do you feel is the biggest mistake the average fitness enthusiast might make going to the gym?

I would have to say improper fitness programming. This means that if you were to examine their fitness program to see if it made sense based upon goals, level of fitness, time constraints and medical history, there will typically be some part of the program that will need to be revised. Most people including older adults follow routines that mimic bodybuilders when most of us aren’t bodybuilders. Whether you’re young or older, a good program will always include, flexibility, stability, strength, power, cardiovascular endurance and depending upon goals some speed, agility and quickness training. This type of training is especially important for the aging population.

Q – What is the biggest concern among the older adult population?

A – I would have to say the fear of falling. Unfortunately falling has become an epidemic much like obesity in our country. When you take into consideration one out of every three people over the age of 65 will suffer from a fall and forty percent of those people that suffer a pelvic fracture will die within the year. These are staggering numbers and something to be concerned about.



Q – What

can we do to prevent a fall?

A – I wouldn't use the word prevent. I like to say "be less prone to falling." The first thing I would recommend is make sure that your sensory systems such as your eyes, ears and ability to feel the ground are in working order. The next step would be to participate in a regular exercise program. The program should incorporate not only balance and mobility drills, but strength of the foot, ankle, hips and core. Also, proper posture, gait mechanics, flexibility and reaction time should be addressed. At Silver Stars we work on all of those important components, in addition to learning how to fall, how to get up from the floor, crawling and scooting. Scooting is important for the person that might have suffered a pelvic fracture and can't get up from the floor, so they will have to scoot for help.

Q- You've written two books — What are the names of your books and what are they about?

My first book **The Amazing Water Bottle Workout- No Gym? No Weights? No Problem!** was published in 2010 by a company called Basic Health Publications and my most recent book is called **Fitness for Real Life- The 8 Keys to A Strong, Powerful & Youthful Body!** was published by Headline Books in November of 2014.

The Amazing Water Bottle Workout is a fun book written for people that don't have time to go the gym, can't afford a gym membership, older adults or someone that might not feel comfortable going to the gym. The book is comprised of all your typical exercises and workouts done with water bottles instead of dumbbells. It includes 8 different workouts and includes modification for those that have orthopedic concerns. **Fitness for Real Life** is a 21st century approach to fitness as opposed to your typical fitness or bodybuilding book. It incorporates important aspects of fitness that are often left out such as balance, posture, flexibility, stability, strength, power, cardiovascular endurance, and nutrition. I review the importance of each key component, and include over 15 different fitness programs based upon the 8 keys.

Q – Have you done any book tours or speaking engagements?

A – I haven't done any book tours yet, but I do speak at various fitness conferences about older adult fitness and have been on the radio, television and have written articles for many publications such as Men's Fitness & Shape magazine.

Q – What inspired you to open up Silver Stars Fitness?

A – I've always been fascinated with the aging process, so I knew that I wanted to dedicate my fitness career to help improve the quality of lives of older adults. I also realized that the baby boomer & beyond population has been forgotten as most of the large commercial clubs cater to a much younger demographic.

Q – Silver Stars Fitness specializes in the baby boomer & beyond client?

A – Yes, we work with clients that are typically 55 to 90 years old. We see clients that are extremely mobile and fit, to those that might have been inactive for a long time that have various orthopedic issues, to everyone in between.

Q – What does Silver Stars Fitness offer?

A – Silver Stars is currently not a membership club, as all of our services are by appointment only. We offer small group classes such as tennis, golf, balance & fall prevention total strength & conditioning, arthritis and many other classes. We also offer private training, yoga, pilates, massage therapy, Tai Chi and stretching. All of these services are conducted in a comfortable studio setting that allows us to offer all of our clients the personalized attention that they might not have received in a large commercial club.