

Introduction

Even at age 41, I still hate losing --- setbacks have an upside; they fuel new dreams.

- Dara Torres
GenX athlete, Olympic Champion, and Author of
Age is Just a Number

If something stands between you and your success...Move It.

- Dwayne “the Rock” Johnson,
A Strong GenX

Todd Vogt’s quote

Fuel new Dreams... Move It... Strengths, both physical and mental, fueled Dara to overcome her setbacks. Strength shaped big parts of the “Rock’s” enduring success. Their iconic lives of physical power, boldness, and resolve should inspire you to get physical, be bold and stay resolute. Todd Vogt, as a third paragon of Gen X performance, wrote the foreword to this book. Rowing is a challenging sport in multiple ways. Imagine performing at the world’s elite levels with an early onset of Parkinson’s Disease (PD) like Todd!

Dara, Dwayne, Todd—and you in Generation X—should all anticipate powerful and productive second halves of life.

What *dreams* will you achieve? And what things will you *move* to make your next fifty or so years your *best* years? Strength, or “that on which anything is founded” is a unifying *cornerstone* of your healthy physical bank account. Strength is your most powerful weapon. Trust me.

Great, Good, or Decent

Which descriptor fits you for the second half of your life? In this book we’ll operationally define what great, good, and decent powers mean to your healthspan and lifespan, to be *strong to save* for decades to come.

Speaking of life and health, one research study during those worst COVID-19 years (~2018-2021) pegged the value of each human life at **\$10**

Million US dollars. That is not a *ginormous* amount, yet it isn't tiny by any means. So *please* take pride in your physical bank and stand strong as an enduring \$10 Million dollar woman or man. This is your first exposure to fiscal and physical banking.

You will turn these **physical** banking pages for good reason. You are gearing up to *make health your new wealth*. You are committing to sustained, strong successes. So, get started by building that cornerstone of your physical bank. You will assuredly boost your second half performance by moving stuff as The Rock advises.

Successful strength habits that you develop and sustain as you read *Strong to Save* are *science-backed* and *sweat-proven*. Think of these resource-packed pages as your fit manual to become a *sthenic* symbol for others. *Sthenic* may sound like a quizzical term, yet *sturdy and strongly built* are its fitting descriptors for good and great folks in your generation. Why not look great, act great, and perform great deeds in your activities of daily and nightly life?

Psoas I was saying

Our Greek and Roman forbears originated other quizzical terms like *sthenic* that serve as your physical bank tellers. When you find a puzzling or formidable word like *musculus*, *biceps femoris*, or *latissimus dorsi* please dog-ear that page or highlight that term as I used it for good cause. A good coach enables learning, so I list such quizzical or arcane terms in an ending Glossary for your awareness and ready review.

This book is meant to be your working primer, so revisit your dog-ears and highlights [PRN \(when necessary\)](#) on your journey. I can save you one look-up. Each *psoas* is a *pear-shaped* muscle anchored deeply in your buttock. Your two *psoas* muscles connect your body's upper and lower halves. You may correctly call *psoas* your hip flexor muscles, as they are major contributors of flexion of your hip joints. There have been times when I equate *psoas* to a pain in my butt, whatever its shape. If you haven't been there and done that, meaning that you generate a soreness or pain in your buttocks from inactivity

or activity—you likely will in your second half. Trust me. I provide you with special callouts – named **Flex Alerts** to shape your physical portfolio and trigger your sense and respond actions. So dog-ear or highlight those trusty callouts when you see them. Here’s your introductory cornerstone callout:

Flex Alert #1:

You in Gen X can gain an extra *decade* of good healthspan with strength work, restorative sleep, and good sustenance. This is your bank’s triple crown or trifecta. Think about **ten** added years without polypharmacy or physical malady. Get strong. *Power up* for ten added healthy years. You will see a term—**down-age**—often in this primer. When you look, feel, and perform as one who is a decade younger than you, you are a down-aged Gen X female or male. This is your Strong to Save Imperative. Period.

Your down-age portfolio **can** *offset* senescence (aging) and sarcopenia (which is age related loss of mass and strength of skeletal muscle). You invest to naturally gain strengths and capitalize on your \$10 Million corpus. Yes, you have innate potential to be good, or great in both mind and body. By great I mean monumental and exceeding normal. I *don’t* mean uber-sized or Brobdingnagian unless you travel with Gulliver. I mean keep on keepin’ in productive ways for that exceedingly exciting *second half* of your life. *If you can think of any downsides whatsoever for being good or great in functional strengths, I will eat my sweaty workout hat.*

Yes, you can overcome adversity, as did Dara and Todd, and succeed with functional strengths as you get older-yet not get old. Yes! Your Gen X exercise can also improve Sexercise™ for your lover or mate and for you. As *Dwayne Johnson might quip, why not love me as a rock?*

- You might ask this valid question, “Is *Strong to Save* for me?”

Strong to Save was written for **you** as a special member of 65+ million Americans of “middle age.” Think of yourself as a real-life action figure born between calendar years of ~1965 and 1984. And action figures like you stand

strong in hundreds of millions of international Generation X folks too.

As one of my ideal readers, *you* are passionate. You are knowledgeable. You are a student of your endeavor. You turn pages and learn because you want to gain and retain cornerstone qualities of strength.

You commit to these bullet-proof action steps:

- ***Make your next years your best years.***
- ***Move stuff as very good Medicine.***
- ***Be stronger to die harder and later.***