

Innovation and Movement Mastery in Senior Health and Wellness

When you think of a seniors' fitness program, the first things that spring to mind are gentle exercises like walking, water aerobics, or chair yoga. That's why Dr. Zach Rynders designed Live to Ascend, which teaches residents to gain strength and master their movement, allowing them to live more active and happier lives.

Upon realizing that most seniors' fitness and wellness programs lack direction, progressions, and functional outcomes, Rynders—a physical therapist and strength and conditioning coach—decided to develop a new program that is backed by the most current research into aging. “Research shows that you can improve strength and speed (power) late in life,” he said. “You can build muscle mass late in life. Strength and power translate to real-life scenarios, improving function and independence while reducing the risk of disease.”

Unlike other senior programs, Live to Ascend provides health and fitness solutions for residents by prioritizing their strength, balance, and power to reduce the risk of falls. And thanks to Dr. Rynders' innovative strength training exercises, we have successfully reduced falls 76% year-to-year among our independent living participants thus improving the quality of life of his clients by enabling better movement and longevity.

For Dr. Rynders, the success of the program is measured by the degree to which he can help seniors with their movement, thus improving their quality of life and increasing their level of happiness. Rynders shared this sentiment during a recent appearance on [Experience Care's LTC Heroes](#). “It's not about how many people you can contract with our company,” he said. “It's about how you're gonna help the most people improve their quality of life. The answer will speak volumes to what the program has done for me and for the residents.” You can listen to the interview using the player below:

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Dr. Rynders revealed that he has received a great deal of positive feedback from seniors who have participated in the program. “They're laughing with each other, they're joking around, and happier than ever,” he said. “There's a buzz and energy in each class.”

The seniors who have participated in the *Live to Ascend* program have demonstrated a willingness to listen and learn, which has further elevated the success showing positive and measurable changes. Within three months, Rynders began noticing changes in the

movement mastery of his students. “I regularly see a room of participants between seventy and one hundred years old performing full depth squats with perfect form.”

Rynders also mentioned the continued successes of the program in improving bone density from strength training so much that his participants’ doctor pulled them off their osteoporosis medication. Meanwhile, one woman transitioned from a wheelchair to ambulating with stand by assistance over the last year.

The team at *Live to Ascend* looks to continue to create new clinical guidelines for senior strength, power, and balance training. By using results-driven data, Rynders and his team ensure that they can sustain measurable results and continue to improve the quality of life of seniors.

Written By: Cindy Wong