



**RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)**  
**Invites you to its meeting June 22, 2022, at 11:00 a.m.**  
**First Presbyterian Church, Lafayette Place, Greenwich, CT**  
**The program will also be shown on Webinar: <https://bit.ly/30IBj21>**

## **Frank McGinnis**

### **“Resistance Training and the Critical Role of Muscle in Healthy Aging”**



How inevitable is physical decline in old age? Are we destined to become frail and helpless? Frank McGinnis, fitness trainer, counters this scenario and advances the idea that by maintaining muscle mass we can avoid or retard many of the symptoms we associate with old age, such as loss of balance, limited mobility, and weakness. He will discuss the critical role of muscle mass in aging and how to sustain it through strength training.

McGinnis is a NASM certified personal fitness trainer with the Greenwich, CT YMCA. While he works with clients of all ages, in recent years his primary focus has been with older adults ages 60-90. While working with clients and researching the aging process, Frank has found that improving strength is critical to maintaining our quality of life as we age.

Prior to his work as a personal trainer Frank was a senior management consultant for over 25 years. With McKinsey and Company and later with the global firm, A.T. Kearney, Frank worked with corporate clients on key strategy and operational issues.

He holds an MBA from the Yale School of Management and an undergraduate degree from Duke University.

**Please Note: Attendees must show proof of vaccination and booster at the door for admittance. Masks are optional.**

Next week, June 29, Stephen Heintz, President and CEO of the Rockefeller Brothers Fund US and co-chair of the National Commission on the Practice of Democratic Citizenship in the 21st Century, which released its report, “Our Common Purpose” in June 2020, “The Practice of Democratic Citizenship – an Update and Prescriptions for the Future.”

*The Greenwich Retired Men’s Association offers a free program every Wednesday at 11:00 a.m. For additional information see [www.greenwichrma.org](http://www.greenwichrma.org) or contact us by email at [info@greenwichrma.org](mailto:info@greenwichrma.org).*