

# Why Your Body Feels Stiff After 40 (And What To Do About It)

Let's talk about something most people feel...

...but don't fully understand.

That stiffness.

That tightness.

That feeling like your body just isn't moving the way it used to.

You wake up and it's there.

You sit too long and it's worse.

You try to move quickly... and your body hesitates.

This is one of the most common concerns we see at JMB Personal Training in Fairport, NY.

And here's the truth:

**It's not just age.**

It's adaptation.

## What's Actually Happening in Your Body

As we get older, a few key things happen:

- Muscles lose elasticity
- Joints lose mobility
- Movement patterns become limited
- Strength decreases if not trained
- Sedentary time increases

According to the Centers for Disease Control and Prevention, physical inactivity increases with age, and that lack of consistent movement contributes to reduced mobility and stiffness over time.

This is not a life sentence.

It's a signal.

Your body is asking for movement... but the right kind.

## Why Stretching Alone Isn't the Answer

Most people try to fix stiffness by stretching more.

And while stretching helps...

It's not enough.

Because stiffness isn't just about tight muscles.

It's about:

- Weak muscles
- Poor movement patterns
- Lack of stability
- Lack of consistent strength work

You don't just need flexibility.

You need **strength through range**.

## The JMB Approach to Moving Better

At JMB Personal Training, we take a different approach.

We combine:

- Strength training
- Mobility work
- Stability training
- Functional movement patterns

This creates a body that doesn't just move...

It moves **with control and confidence**.

## What You Can Start Doing Today

If you're feeling stiff, start here:

- Move daily, even in small ways
- Strength train 2–3 times per week
- Focus on controlled movements
- Avoid random, high-impact workouts
- Prioritize consistency over intensity

And if you want to accelerate that process...

That's where coaching matters.

## **Serving Fairport and Greater Rochester**

If you're in Fairport, Rochester, or surrounding areas like Webster, Brighton, or Victor...

There is a better way to move.

And it doesn't involve beating your body up.

## **Final Thought**

Stiffness is not your identity.

It's feedback.

And once you understand how to respond to it...

Everything changes.

👉 Start your journey at JMB Personal Training

👉 [www.JMBPERSONALTRAINING.com](http://www.JMBPERSONALTRAINING.com)