FITNESS

How to Become a Longevity Coach in Denver: Coaching Strength, Balance and Fitness for Active Midlife and Older Adults — Skills, Scope and Training Path

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Skill 1: anchor everything to the guidelines

The [US Physical Activity Guidelines](https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines) recommend that adults get at least 150 to 300 minutes of moderate aerobic activity a week, plus muscle-strengthening activity on two or more days. For older adults, the guidelines add multicomponent activity that includes balance training. That's your baseline. Every "longevity" idea a client brings you can be compared with it: does this help them hit the guidelines, or distract from them?

Skill 2: know what the strength evidence does and doesn't say

A 2022 meta-analysis of prospective cohort studies found that muscle-strengthening activity was associated with lower risk of all-cause mortality, cardiovascular disease, cancer and diabetes, with the largest association at roughly 30 to 60 minutes a week ([Momma et al., BJSM, 2022](https://pubmed.ncbi.nlm.nih.gov/35228201/)). That's observational: people who lift may differ in other ways. It does not show that more is always better. Explain it to clients as "strong support for a habit", not a guarantee. **In coaching:** start with two short full-body sessions a week, progress slowly, and track sessions completed rather than weight lifted. For clients with joint problems, heart conditions or recent surgery, get clearance from their clinician first.

Skill 3: coach fitness, not just steps

In a large retrospective cohort of people who had treadmill testing, higher cardiorespiratory fitness was associated with lower all-cause mortality ([Mandsager et al., JAMA Netw Open 2018](https://pubmed.ncbi.nlm.nih.gov/30646252/)). For Denver clients, the trail is the training plan: a weekly longer hike or ride, plus one or two shorter sessions that leave them a little out of breath. If someone gets chest pain, fainting or unusual breathlessness when exercising, they stop and see a clinician; with chest pain or fainting, call 911.

Skill 4: make balance a habit

Balance work is easy to skip and easy to add: single-leg stands while brushing teeth, step-ups, slow walking on uneven ground, and tai chi or yoga classes. For older adults, falls are a real concern, so frame balance as "keeping you on the trail", not as a frailty warning. Clients who have already fallen, feel dizzy, or take medicines that make them unsteady should talk to their clinician.

Skill 5: protect muscle in clients on GLP-1 medicines

Some active adults in Denver are also on a GLP-1 medicine. A meaningful share of weight lost on GLP-1-based therapies can be lean tissue ([Neeland et al., 2024](https://pubmed.ncbi.nlm.nih.gov/38937282/)), and a 2025 joint advisory from ACLM, ASN, OMA and TOS recommends adequate protein and resistance training alongside these medicines ([Mozaffarian et al., 2025](https://doi.org/10.1016/j.ajcnut.2025.04.023)). The coach handles the training and food habits. The prescriber handles the medicine: dose, side effects and whether to continue. Our [Level 4 coaching alongside a prescriber](/academy/level-4/glp1-coach-alongside-prescriber) module covers the hand-off.

Skill 6: spot the sales pitch

Denver has plenty of longevity marketing: supplements, injections, stacks and scans. Teach clients a simple test: what is it, what is the evidence, who supervises it, and what does it cost compared with a year of strength coaching? If a product promises to reverse ageing or cure disease, treat it as a red flag; FDA's [health fraud page](https://www.fda.gov/consumers/health-fraud-scams) explains why. Coaches never sell or source peptides, GLP-1 medicines or "research" compounds.

Skill 7: scope, in writing

Health coaching is generally not a state-licensed profession in the US, but practising medicine, physical therapy, dietetics and pharmacy are regulated in Colorado, as in every state. Write a one-paragraph scope statement and share it with every client. NBHWC's [scope of practice](https://nbhwc.org/scope-of-practice/) is a useful reference; our [Level 3 scope of practice](/academy/level-3/scope-of-practice) and [US state coach scope](/academy/level-4/us-state-coach-scope) modules show how to check your own state.

Red-flag referrals

Refer to the client's clinician, or urgent care where appropriate, if a client reports: - Chest pain, fainting, palpitations or unusual breathlessness on exertion. With chest pain or fainting, call 911. - New or worsening joint pain, swelling or an injury that isn't settling. - A fall, dizziness or feeling unsteady. - Unplanned weight loss, or GI symptoms or dizziness while on a GLP-1 medicine.

A Denver-style weekly check-in (education only)

1. **Strength:** "How many sessions this week? Which exercise felt easiest?" 2. **Fitness:** "What was your longest walk, hike or ride?" 3. **Balance:** "Did you do your two-minute balance routine on most days?" 4. **Recovery:** "How did you sleep after your big day out?" 5. **Referral check:** "Any pain, dizziness or symptoms we should send to your doctor?"

Common questions you'll get, and honest answers

- *"Am I too old to start lifting?"* "Most people can start with a plan matched to them. Let's check with your doctor first if you have heart, joint or bone concerns." - *"Should I take a longevity supplement stack?"* "That's a question for your doctor or pharmacist. Let's focus on the habits with the best evidence first." - *"Do I need a

DEXA scan?"* "Only if the result would change your plan. Your clinician can advise, especially on bone density."

A 90-day path for new coaches

1. **Weeks 1–2:** free Level 1, then Level 2. Draft your scope statement and a referral list of licensed local clinicians, verified from public listings only. 2. **Weeks 3–6:** Level 3. Practise the evidence-quality checklist on three strength or fitness studies. 3. **Weeks 7–10:** Level 4. Build GLP-1-aware strength templates and learn the prescriber hand-off. 4. **Weeks 11–13:** pilot with three to five clients. Consider whether NBHWC certification fits your goals; it is separate from LetsGo Academy.

LetsGo Academy: the training path

Start free at [Level 1](/academy). **[Level 3 (US$300)](/academy/level-3/evidence-quality-for-coaches):** evidence quality, scope, GLP-1 and peptide foundations. **Level 4 (US$500):** coaching and monitoring alongside prescribers, US regulatory status (including the HHS interim 503A peptide enforcement-discretion policy, which is not FDA approval), referral scripts and state scope. **Level 5 (US$500):** jurisdiction (US, Singapore, UAE) and hard cases. *Train as a longevity coach for the GLP-1 and peptide era — education and referral, not a grey-market pharmacy.* Already coaching? Create your profile at /coach. We do not promise income or client numbers. *Education only. LetsGo Academy is not NBHWC certification and does not grant any licence to practise.*

Practical takeaways

- Chest pain, fainting, palpitations or unusual breathlessness on exertion. With chest pain or fainting, call 911.
- New or worsening joint pain, swelling or an injury that isn't settling.
- A fall, dizziness or feeling unsteady.
- Unplanned weight loss, or GI symptoms or dizziness while on a GLP-1 medicine.
- **Strength:** "How many sessions this week? Which exercise felt easiest?"

Safety note

Education only. Coaches educate and refer; they never prescribe, dose, source or sell peptides or GLP-1 medicines. Lines tagged await review by Dr Vas Metupalle.

Disclaimer

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