



ELITE

Personal Training and Fitness Solutions

## HEALTH TIP OF THE WEEK

### 9/27 - 5 Reasons to Take Collagen Daily

Want to look and feel younger? Of course you do - who doesn't?

**It's time to think about Collagen**

#### 1. Loose skin and wrinkles

Some of the first signs of aging are loose skin and wrinkles. Taking collagen every day is an effective remedy to improve elasticity, wrinkling, and even hydration in human skin.

#### 2. Cracked and brittle nails

Brittle nails have a tendency to crack, chip, and peel. And as collagen levels deplete, the likelihood of experiencing brittle nails increases. That's because collagen, along with keratin, is one of the main proteins in the nail bed. And collagen supports your body's natural production of keratin.

#### 3. Stiff, achy joints

Osteoarthritis is the most common form of arthritis and affects about 31 million Americans. It breaks down the cartilage in your joints, causing bones to rub together. This naturally leads to pain, swelling, and stiff, achy joints.

However, studies have shown that taking collagen daily may help ease joint pain significantly. In fact, supplementing with collagen even reduced bone loss and increased bone formation.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

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