

Sunday Jan 18 2026

Hello,

and thank you for listening. Being in the custody of the Doc. they hold a responsibility to take care of me and the rest of the population. I'm an inmate over the age of 40. At the Corrigan Correctional Facility in Uncasville. I'm writing to stress the importance of Hypertrophy and Strength training after 40 years of age. Which is not available here. This is not just about the muscles but our motor units as well, that we are losing. The training and exercise I'm talking about preserves them. I want to make it clear, there is a weight room here but it's only used by the Correctional officers. By keeping the population from weight training, keeps us as well from functioning properly and being able to possibly correct some of the mistakes we made to get in here. Once again the training with weights is not only physical but most importantly the survival of the motor units. My plea is that someone would hear us at the Correctional Facility of Corrigan. Thank you. P.S. According to A.D 8.1