



A little reading from an excellent book called '**Strength Training Past 50**' (Wayne I. Westcott, PhD and Thomas r. Baechle, EdD) might be of interest.

Why you should strength train

Maintain your muscle: Without muscle your capacity to function is reduced, less muscle also reduces calorie use leading to a slower metabolism and gradual accumulation of body fat. Strength decreases approx. 5-10 percent per decade in adults who do not exercise their muscles. This is due to the gradual loss of muscle tissue that accompanies the aging process. Unless you strength train on a regular basis you will lose approx. 2.3 kilograms of muscle every ten years and gain approx 6.8 kilograms of fat.

Maintain Metabolism: Due to muscle loss your metabolism can decrease by as much as 5% every decade of average life, when you lose muscle, the calories that were previously used to maintain metabolically active tissue now goes into fat storage.

Add Muscle Tissue: You are never too old to replace muscle tissue. Unfortunately muscles lose size and strength with age, resulting in physical weakness and a variety of degenerative problems. **Good news!** You can largely avoid muscle loss by doing regular strength training. **Better news!** You can replace muscle tissue you've already lost regardless of your age.

Great news! You can replace a rather large amount of lost muscle in a relatively short amount of time through a simple strength training exercise programme (even when you are 80 years+).

Increase Metabolic Rate: Research in Tufts University (USA) revealed that adding 1.36 kilos of muscle produced a 7% increase in the resting metabolic rate.

Reduce Body Fat: Studies have shown that strength training increases both muscle mass and tissue activity, which in turn produces an accelerated metabolic rate and higher daily energy expenditure. Endurance exercises like walking and cycling can burn calories too but strength training is even more effective for reducing fat, adding muscle increases and recharges your metabolism enabling you to burn more calories all day long, even while you sleep!

Increase Bone Mineral Density: Osteoporosis is a degenerative disease caused by a gradual loss of bone proteins and minerals. Because your muscle condition largely determines your bone condition, weak muscles can lead to weak bones. Research has demonstrated that strength training can increase bone mineral density in people of all ages, essentially reversing the bone weakening processes. Although other factors, such as genetics, hormones, and nutrition, play important roles in your bone health, strength

training is an activity that will develop a stronger muscular skeletal system and help your bones resist deterioration.

Improve Glucose Metabolism: Your ability to use glucose is closely related to your risk of onset diabetes. While exercise in general enhances glucose metabolism, strength training may benefit this process the most. Studies have demonstrated a 23% increase in glucose metabolism after only 4 months of strength training. This impressive improvement may be attributed to both the high energy demands of strength training and the greater metabolic requirements of larger stronger muscles.

Speed Up food Transit: It takes time to move food through your gastrointestinal system. Research indicates that slow transit times increase the risk of colon cancer. A

study revealed a 56% increase in gastrointestinal transit after only 3 months of strength training.

Lower Blood Pressure: Contrary to what most people think, sensible strength training does not raise your resting BP, it can in fact lower it. Strength training sensibly and breathing properly to maintain a desirable blood pressure response is the key.

Improve Blood Lipids: Blood lipids include high density lipoproteins -the good cholesterol, low density lipoproteins -the bad cholesterol, and triglycerides -the storage form of fat. Although genetic make up plays a role in this area, both diet and exercise may positively influence your blood lipids. Several studies have shown better lipid levels after regular strength training.

Maintain or Improve Low Back Health: Studies indicate a direct relationship between weak back muscles and low back problems. Well conditioned muscles provide better support and shock absorption, which prepares the low back muscles to absorb forces that might otherwise overstress the sensitive components of your spinal column.

Reduce Arthritic Pain: Some research suggests stronger muscles may be helpful for improving joint function and easing arthritic discomfort. Studies have shown a reduction in arthritic pain following a programme of regular strength training.

Age: Studies have proven aging does not reduce your ability to gain strength and build muscle, however it does make your body more susceptible to exercise related injuries therefore the exercise programme practised must be designed to suit the individual.

If you have any questions pertaining to health, fitness, BodyTech Membership please do not hesitate in contacting me at BodyTech. Please phone and ask for Julie 623 3383, or email Julie@bodytech.co.nz

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