

Everyday Healthy SERIES



Benefits of 'Pumping Iron' (or any kind of resistance training) By Jackie McLarnon

The five components of fitness include cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. All of these components need to be addressed to achieve optimal health and fitness but I am going to focus on muscular strength and endurance for this session.

The benefits of muscular resistance training are many, such as:

- increased bone strength (especially important for women over 50)
- increased tendon and ligament strength
- increased lean muscle mass
- injury prevention and faster recovery from injury
- increased metabolic rate (burn more calories even while at rest!)
- improved balance – less chance of falling
- decreased risk of heart disease and stroke
- enhanced performance in sports and daily activities

.....and more

Resistance training does not have to be complicated or painful. Doing about 5 or 6 resistance exercises, 2 to 3 times per week will improve the muscle tissue.

Our trainers are here to help. Please feel free to ask!