

WHEENK! HEALTH

PICK UP A FEW POUNDS BUILDING MUSCLE TO KEEP LEAN AND FIT

YES, YOU READ THAT RIGHT, BUT WE ARE NOT TALKING ABOUT YOUR HIPS OR WAIST. WE MEAN LIFTING WEIGHTS TO BUILD MUSCLE TO KEEP LEAN AND FIT. RESEARCHERS ARE LEARNING THAT A MODERATE STRENGTH TRAINING (WEIGHT-LIFTING) PROGRAM CAN DO WONDERS FOR OUR BODIES. AFTER WE TURN 30 WE LOOSE ABOUT 10% OF OUR MUSCLE EVERY 10 YEARS. THAT MAY NOT SOUND LIKE MUCH, BUT BY THE AGE OF 70 IT MEANS WE WILL HAVE LOST AT LEAST 40% OF OUR STRENGTH. STRENGTH TRAINING STOPS THE LOSS AND BUILDS NEW MUSCLE TISSUE. THAT MUSCLE WILL BURN CALORIES, GIVE YOUR BODY SHAPE, INFLUENCE YOUR FLEXIBILITY AND SENSE OF BALANCE AND PROTECT YOU AGAINST SEVERAL DISEASES. TO A CERTAIN EXTENT, STRENGTH TRAINING WILL REVERSE SOME OF THE CHANGES NORMALLY ASSOCIATED WITH OLD AGE, SUCH AS DECREASED STAMINA, ENERGY AND BALANCE.

THE PERKS OF PUMPING IRON:

1. **MUSCLE OUT OF FAT:** BY STRENGTH TRAINING YOU KEEP BUILDING MUSCLES, WHICH BURNS MORE CALORIES AND CROWDS OUT BODY FAT. STRENGTH TRAINING ALSO HELPS LOWER BLOOD PRESSURE AND CHOLESTEROL LEVELS, HEIGHTENS INSULIN SENSITIVITY, WHICH KEEPS BLOOD SUGAR NORMAL AND IMPROVES BLOOD FLOW.
2. **STRENGTHEN BONES:** STRENGTH TRAINING PRESERVES BONE. RESEARCH SHOWS THAT STRENGTH TRAINING NOT ONLY STOPS THE LOSS OF BONE DENSITY, BUT CAN ACTUALLY GAIN BONE MASS, REVERSING THE EFFECTS OF BONE DISEASE SUCH AS OSTEOPOROSIS.
3. **IMPROVES REFLEXES, BALANCE AND FLEXIBILITY:** LEFT UNCHALLENGED, MUSCLE GROWS LESS RESPONSIVE TO THE MESSAGES FROM THE CENTRAL NERVOUS SYSTEM (THE BRAIN AND SPINAL CORD). STRENGTH TRAINING GIVES NERVES A CHARGE, IMPROVING RESPONSE TIME TO MESSAGES SENT BY YOUR BRAIN.
4. **BOOSTS RECOVERY FROM ILLNESS:** STRENGTH TRAINING SIGNIFICANTLY REDUCES INCIDENCE OF DEPRESSION AND FATIGUE AFTER AN ILLNESS. STUDIES HAVE SHOWN THAT STRENGTH TRAINING ACCELERATES A PERSON'S ABILITY TO REGAIN THE STRENGTH AND ENDURANCE NEEDED FOR INDEPENDENT LIVING.
5. **MAINTAIN A GOOD ATTITUDE:** STRENGTH TRAINING CAN LIFT YOUR MOOD AND REDUCE ANXIETY, TENSION AND STRESS. STUDIES HAVE SHOWN THAT IT REDUCES SYMPTOMS OF DEPRESSION WHILE IMPROVING SELF-CONFIDENCE AND SELF-ESTEEM.

AS LITTLE AS TWO TO THREE 20-MINUTE SESSIONS A WEEK IS ALL IT TAKES TO SEE THE BENEFITS OF STRENGTH TRAINING. POSITIVE RESULTS ARE NOTICED IN AS LITTLE AS TWO MONTHS. SET UP A PROGRAM AND STICK TO IT, YOU WON'T REGRET IT.

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