

Strength Training Basics

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”

~ Edward Stanley

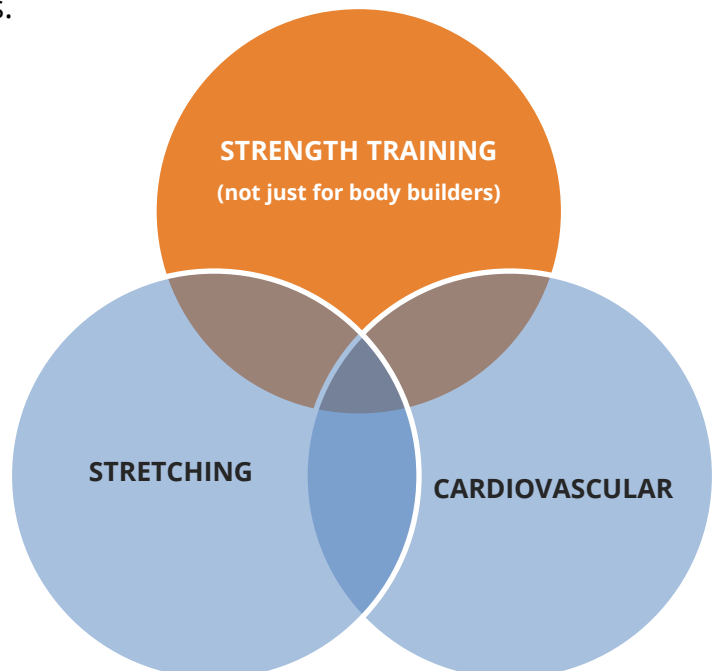


Benefits of Strength Training

Researchers agree that exercise is effective in reducing the risk and symptoms of chronic disease. A recent study found that people who exercise at least 5 times per week have 45% fewer sick days and experience much milder symptoms when they do get sick.

Strength training isn't just for body builders, and should be part of your wellness plan. Among the benefits of strength training are increased muscle tone and body shape, increased bone density, improved hormone and mental function, decreased stress, increased metabolism and weight loss.

All three types of exercise should be in your wellness plan:



Strength Training Basics

Muscular strength is how **much** weight you can lift at one time. Muscular endurance is how **many times** you can lift a certain amount of weight. Strength training (also referred to as weight training or resistance training) helps increase muscular strength and endurance.



Here are a few tips to get the most out of your strength training program:

- ✓ Perform exercises for each of the major muscle groups: legs, back, chest, shoulders, arms and core.
- ✓ Perform one set of each exercise to the point where you feel your muscles are fatigued while maintaining proper form.
- ✓ Exercise each muscle group 2 to 3 nonconsecutive days per week if possible.
- ✓ Use good form. Using good form is as important as the amount of weight you use!
- ✓ Allow enough time between exercises to perform the next exercise in proper form.
- ✓ Perform both the lifting and lowering part of the exercises in a controlled manner.
- ✓ Maintain a normal breathing pattern; holding your breath can cause excessive increase in blood pressure. Breathe out during the lifting phase. Breathe in during the lowering phase.
- ✓ If possible, exercise with a training partner who can provide feedback, assistance and motivation.