

10 REASONS WHY EVERY ADULT SHOULD STRENGTH TRAIN

During the past few years, more and more studies have shown that sensible strength training produces many health and fitness benefits. Key researchers have provided a wealth of data on the positive responses to basic programmes of strength exercise. Consider these 10 reasons to strength train.

1 Prevent Muscle Loss

As we age, we lose 1/2lb of muscle tissue each year. Strength training will counter this loss, maintaining muscle mass and strength throughout mid-life years.

2 Avoid Metabolic Rate Reduction

Because muscle is very active tissue, muscle loss is accompanied by a reduction in our resting metabolism. This contributes greatly to the phenomenon "middle aged spread" and fat gain as we age.

3 Speed Up Digestion Time

A study in 1999 showed a 56% increase in digestion time after three months of strength training. This is significant due to the fact that delayed digestion time is related to a higher risk of colon cancer.

4 Reduce Body Fat

A research study demonstrated that despite eating 15% more calories per day, subjects on a 3 month resistance training programme lost an average 4 pounds of fat whilst gaining 3 pounds of muscle.



5 Increase Muscle Mass

Strength training can replace muscle tissue lost through inactivity. Research shows that a standard strength training programme can increase muscle mass by about 3 pounds over an eight week period.

6 Reduce Low Back Pain

80% of adults suffer from back pain at some point in their lives. By strengthening all major muscle groups and low back muscles in particular, it is possible to reduce significantly the risk of suffering from low back pain.

7 Increase Bone Strength

Strength training significantly improves bone mineral density, thereby reducing the effects of osteoporosis in later life.

8 Reduce Arthritic Pain

Sensible strength training eases the pain of osteoarthritis and rheumatoid arthritis. This is good news, because most men and women who suffer from arthritic pain need strength exercise to develop stronger muscles, bones and connective tissue.

9 Increase Metabolism

Research reveals that a pound of muscle requires 35 calories per day for tissue maintenance. Adults who replace muscle through sensible strength training, use more calories all day long, thereby reducing the likelihood of fat accumulation.

10 Reduce Resting Blood Pressure

The most effective way of reducing blood pressure (without the intervention of medication) is to combine a strength and aerobic exercise programme.