

The Benefits of Strength Training

Year round, day or night, awake or sleeping, your body's muscles are working. Strength training is the process of exercising this muscular system with weighted resistance. Developing a safe, efficient and effective strength training program is one of the four essential elements of optimal health. (strength training, cardiovascular training, nutrition/weight management and flexibility training.)

We produce strength through muscle contraction. The contraction attempts to shorten the muscle. This shortening / movement, or lack there of, depends on the relationship between muscular forces and resistive forces. Many factors affect this contraction performance. The factors include: gender, age, limb length, muscle length, tendon insertion, muscle fiber type, and motor learning. These factors do not cause you to become unable to have positive gains from a strength training program. Positive affects of strength training have been shown to occur at any age, gender, limb length, etc. Below is a list of some of the benefits you will gain from an effective strength training program.

- Increased muscle fiber strength and size.
- Increased tendon, bone, and ligament tensile strength.
- Decreased risk of injury.
- Increased metabolic rate.
- Profound influence on physical capacity and physical appearance.

Unless we perform regular strength exercises, we lose up to ½ pound of muscle every year after age 25. This gradual decrease in lean muscle tissue means that non-training adults will experience ½ percent reduction in metabolic rate each year. This decrease in muscle tissue causes a corresponding decrease in metabolic rate, but the good news is that an increase in muscle tissue will also cause a corresponding increase in our metabolic rate.

Fight the sedentary aging process with a regular strength training program and reap the many positive benefits it has to offer.

Make it a Healthy Day