

Strength Training to Recharge Your Weight Loss

❖ Ease Into a More Physically Active Lifestyle

- Strong muscles give you more stamina and the endurance for aerobic/cardio exercise and to get you through your day.
- Strong muscles contract more forcefully to make aerobic/cardio exercise more effective and can give a boost to your current routine.
- Strength training conditions joints, tendons, ligaments, and bones as well as muscles. Improved balance, posture, gait and core strength allow for easier, more effective movement in daily activities.

The American College of Sports Medicine (ACSM) Guidelines include both aerobic/cardio exercise and strength training. [Plus stretching for flexibility.]

❖ Rev Up Your Metabolism

- Strength training builds and maintains muscle.
- Muscle is metabolically active; it burns calories.

The Basal Metabolic Rate (BMR) is a measure of the amount of energy your body uses at rest. The higher the percentage of lean muscle, the higher your BMR. [The BMR can be raised by increasing lean muscle and/or by decreasing body fat.]

- The BMR is a measure of energy use at rest; however, the higher the BMR, the higher the caloric expenditure for any type of activity, including “rest”. Building lean muscle helps your body burn more calories during exercise, and throughout the day.
- The more lean muscle you have, the easier it is to lose weight, minimize plateaus, and to maintain weight loss.

❖ Firm and Tighten, so You Look and Feel Trimmer

- You can lose inches *without* losing weight. A pound of body fat is bulkier than a pound of lean muscle. Notice how your clothes fit rather than being a slave to the scales.
- Strength training is a simple and effective way to tone and tighten all muscles, and to improve posture.
- A comprehensive strength training program covers the muscles of the upper and lower body, and the core muscles of the torso.

Toned, tight muscles combined with improved posture and a stronger core give the body a trimmer, more youthful appearance.

❖ Preserve Lean Muscle Tissue as You Lose Fat

- In a weight loss program, not all weight lost is fat; lean muscle can be shed as well.
- Muscle loss is part of the aging process. Muscle loss lowers the BMR. A lower BMR can expand the waistline, the butt, and the thighs.

Take some control: build and preserve lean muscle mass!

Strength Training for Pain Management & Injury Prevention

❖ Strength Training:

- Strengthens *all* connective tissues – muscles, tendons, and ligaments.
- Strengthens bones.
- Improves posture, and body alignment.
- Strong muscles act as shock absorbers, cushioning the body during everyday activities and exercise.
- Improves joint integrity, including range of motion.
- Strengthens core muscles, improving strength and reducing susceptibility to injuries.
- Improves gait, increasing fluidity and encouraging greater activity.
- Improves balance and stability, aiding in fall prevention.
- Improves stamina and endurance, making exercise easier and more enjoyable.
- Reduces lower back pain which is otherwise a major contributor to inactivity!

Recommended Reading

- Nicholas A. DiNubile, Framework – Your 7-Step Program for Healthy Muscles, Bones, and Joints.
- Miriam E. Nelson, Strong Women and Men Beat Arthritis.
- Miriam E. Nelson, Strong Women Stay Slim.
- Miriam E. Nelson, Strong Women, Strong Bones.
- Miriam E. Nelson, Strong Women, Strong Hearts.
- Miriam E. Nelson, Strong Women Stay Young.

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