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Post training make sure you try to eat within 30 minutes a combination of carbs and protein after working out. This will help you rebuild your muscle proteins and glycogen stores, in addition to stimulating the growth of new muscle



Don't miss David's tips every Saturday in your Journal

A FEW years ago seeing older women lifting big weights was a fairly rare sight in many gyms.

This has well and truly changed, it's no longer unusual to see a woman over 50 performing chin ups, dead lifting or putting a barbell on their shoulders.

And there are so many reasons why women should:

- The stronger you are, the more you can do, not just in the gym but in day to day life.

- Being strong also makes you independent. If you need to lift something heavy you can just do it - you don't have to wait for someone to help you.

- People in their 50s and over is a hugely untapped market. They are now realising they can be in excellent shape and stronger than they have ever been before.

- Boosts confidence levels, being 50+ should not be a hindrance. Embrace it, and realise times have changed and you can be in much better shape than your parents at this age.

- It's OK to lift heavy weights if you learn how to do it correctly. If you can dead lift properly then you can pick up heavy objects safely, eg your grandchild, unlike someone with a sedentary lifestyle who's likely to injure themselves.

- So many people who are over 50 are also in this head space of thinking they shouldn't be able to do as much any more. Strength and power training can have a huge impact on reversing the aging process not just on a physical but also on a psychological level.

- Lean weight starts to drop significantly through middle age and this increases as you get older. This can be halted. You can increase lean weight quickly by following a specific strength and conditioning programme.

- Muscle power is one of the most important factors for maintaining independence as we get older. With loss of power your walking speed slows, your stride gets shorter, your balance is reduced and everyday movements which you took for granted when younger become much harder.

- No one expects any beginner to lift heavy weights straight away. Building strength and power is a gradual process. Some people are intimidated by the idea of going to a gym and getting out of their comfort zones. We run specific strength and conditioning classes including sessions for the over 50s. Come along and enjoy changing your body and mind embracing a new outlook on life.

- When you feel physically strong you become much better at dealing with day to day life situations.

The combination of cardio work plus specific strength training is certainly a good start towards total wellbeing at any age, but particularly middle age onwards.

Motivational quote of the day

Weakness is a choice



FITNESS TIP

If you are going to start a strength programme including things like deadlifts its hugely important you are shown the correct technique, the benefits are huge. Lifting heavier weights incorrectly could lead you straight on to the injured list, therefore, seek advice before starting.