



David Fairlamb

THE FIT FACTOR

FITNESS TIP

Build a sensible resistance programme into your fitness regime and make sure you increase your weights/resistance slowly. This can be done at any age and can have significant benefits for your health and wellbeing.

LIFESTYLE CHANGE

Walking, running or spending all your gym time on cardio machines is not necessarily giving you the best overall workout. A change may well be needed - from walking the dog to everyday gym users look to add resistance work into your lifestyle.

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THERE is now strong evidence that resistance training (strength training) is not only excellent for bone health but also for your heart.

Many people think of running, walking or other cardiovascular activities as the only way to improve heart health. But if you are not adding some form of bone strengthening, muscle boosting resistance as well, you may be missing out.

Research in the US of over 13,000 people showed that lifting weights for less than an hour a week reduced the risk for a heart attack or stroke. The results were independent of cardiovascular activity.

It is now recommended that you add strength work to your weekly fitness activities.

Examples of strength exercises include:

- Lifting weights
- Using resistance bands
- Using your body weight for resistance, by doing push-ups, pull-ups, crunches, leg squats or push-ups against a wall

■ Using weight machines at a gym

Benefits of strength exercises include:

- Increased lean muscle mass (or prevention of its loss)
- Increased bone density and reduced risk of osteoporosis
- Increased metabolism to help with weight loss or weight maintenance
- Increased muscle strength to make everyday activities easier
- Lowered risk of injury (by allowing the muscles to better support the joints)

Strength training is not all about lifting heavy weights - it's also about sustaining a strong body to carry out everyday activities at any age. Of course your daily walk etc

*Lifting weights
won't make you
bulky, bad
nutrition will*

**Motivational quote
of the day**

is excellent but at the end, when you are warm, look to add more benefit to your health and wellbeing with some resistance exercises.

If you use a gym, speak to the instructors who will take you through a programme that will suit your needs.

You will soon see and feel the changes in your body and mind, such as:

- Improved posture
- More strength in your daily activities
- Confidence in knowing you are stronger in body and mind
- Positive outlook and feel you are able to try and achieve more

We run specific strength and conditioning sessions for all ages plus all our group and personal training sessions cover every part of fitness and wellbeing. Our floodlit outdoor gym workouts run all year and will take you to a whole new level of overall strength.

Resistance training plays a key role in health, fitness and longevity, take a look at your lifestyle and make sure you add some sort of strength work in your week.



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