



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Coordination and balance are critical skills that tend to decline with age. Movements such as squats, lunges and press ups help to improve strength, balance and coordination. These types of exercises are particularly important to perform regularly as we get older because it reduces the risk of falls and related injuries.

### FITNESS TIP

One of the best advantages of compound exercises is their ability to activate multiple muscle groups at once. Movements such as squats, deadlifts, bench presses and pull-ups require the coordinated effort of various muscles, leading to more efficient workouts.

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**C**OMPOUND exercises engage multiple muscle groups and joints simultaneously and offer a huge number of benefits that contribute to overall health, functional strength, and quality of life. They are an essential component of any effective exercise regimen, particularly as we get older.

#### Improved Muscle Activation and Efficiency

One of the best advantages of compound exercises is their ability to activate multiple muscle groups at once. Movements such as squats, deadlifts, bench presses and pull-ups require the coordinated effort of various muscles, leading to more efficient workouts.

This is particularly beneficial for individuals with limited time, as it allows for a more intense workout in a shorter time. For example, a squat not only targets the quadriceps but also engages the hamstrings, glutes, core and lower back. As you squat, try to think about the movements and muscles you are targeting, rather than just going through the motions.

#### Functional Strength and Mobility

As we age, maintaining functional strength and mobility becomes increasingly important. Compound exercises mimic everyday movements, therefore improving your ability to perform daily tasks. Exercises like deadlifts and lunges can improve your ability to lift objects from the ground and maintain balance. This not only reduces the risk of injuries but also promotes independence as you get older.

#### Hormonal Benefits and Metabolism Boost

Performing compound exercises can stimulate the release of anabolic hormones such as testosterone and growth hormone. These hormones play a crucial role in muscle growth, repair, and overall metabolism. As

we age, maintaining muscle mass is vital for metabolic health and preventing muscle loss. Compound movements, due to their high intensity and the significant muscle involvement, are particularly effective at stimulating these hormonal responses.

#### Cardiovascular Health

Exercises like burpees, kettlebell swings, and clean and presses raises your heart rate and improves cardiovascular endurance. Incorporating these movements into a workout can improve heart health, circulation and increase your stamina.

#### Improved Coordination and Balance

Coordination and balance are critical skills that tend to decline with age. Movements such as single leg deadlifts and step ups help to improve balance and coordination. This is particularly important for older adults as it reduces the risk of falls and related injuries.

#### Joint Health and Flexibility

Contrary to the misconception that lifting weights can be detrimental



> Lifting weights can be beneficial

overall joint health, which is crucial for maintaining an active lifestyle in later years.

#### Caloric Burn and Weight Management

Due to the large muscle involvement, compound exercises burn more calories compared to isolation exercises. This is beneficial for weight management and overall metabolic health eg performing a compound exercise like the clean and press can significantly elevate the heart rate and burns a considerable number of calories, aiding in weight loss and improving body composition.

#### Psychological Benefits

Engaging in compound exercises can also have psychological benefits. The complexity and challenge of these movements can provide a sense of accomplishment and boost mental health.

Regular exercise, including compound movements, has been shown to reduce symptoms of depression and anxiety, enhance cognitive function, and improve overall mood.

*Exercise is the best way to combat age*

**Motivational quote of the day**