

What is Strength Training

ALSO KNOWN AS RESISTANCE TRAINING OR WEIGHT LIFTING



Strength training is a type of exercise where you use your muscles to lift a weight and then lower it slowly, or you tense your muscles or push against an immovable object, just a few times in a row.

Resistance can be provided by a wall, your body weight, elastic tubing, free weights, or exercise machines.

Strength training counteracts the decline in muscle mass, strength and function that occurs with normal ageing (called sarcopenia).

This makes it very effective compared to other kinds of exercise such as cardiovascular or aerobic exercise or balance training, which do not have this effect.

In addition to ageing itself, an inactive lifestyle or having certain chronic diseases or taking medications such as steroids can increase muscle wasting & loss of strength you may experience as you get older.

When you try to lift a heavy weight, your brain signals the necessary muscles to contract forcefully. This process changes not only your brain itself, which gets better at sending out these signals, but also changes the muscles themselves so that they respond more rapidly and forcefully to this signal. The muscles grow in size and strength and coordination, and also become better at metabolic functions such as incorporating protein from your diet or storing excess blood sugar until you need it for fuel.

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Resistance training will make your muscles become stronger.

So anything which requires strength, such as climbing stairs, getting out of a chair, pushing a vacuum cleaner or carrying groceries, will be much easier to do.

This training will also give you a more healthy ratio of muscle to fat in your body, and a firm feel to your arms, legs and stomach. In addition to changes in the muscle, the ligaments attaching to the bones, as well as the bones themselves, become stronger, stabilising the joint and lessening the chance of future injury



Although the basic role of resistance training is to become stronger and prevent muscle wasting, research has now shown that this type of exercise has many other health-related benefits.

These benefits include better cognitive function, and prevention or treatment of chronic conditions such as heart disease, diabetes, arthritis, osteoporosis, kidney disease, and depression among other conditions.

SO DON'T RESIGN YOURSELF TO GETTING WEAKER AS YOU AGE.

There is no age beyond which muscle stops responding to strength training, and the older you are, the more important adding strength training to your physical activity regimen becomes.

