

# THE 10 Benefits of Resistance Training

*Resistance Training refers to exercise using body weight, free weights, cable machines, exercise bands, and other devices that resist the movement of the exerciser for a maximum of 60 seconds before fatigue becomes limiting.*

**1 Greater Fat Burning Ability**  
Muscle is where fat is burned. Through the muscle development elicited by resistance training, we increase our fat burning ability. Each pound of muscle burns 50-100 calories a day, resulting in a faster metabolism, that burns calories all day long, even while we sit at a desk, or lay on the couch. Resistance training also helps preserve muscle mass that is typically lost with aging. If you don't do anything to prevent it, the average person loses 5-7 lbs of muscle mass per decade, slowing the metabolism, and making it easier to accumulate excess body fat.

**2 Reduced Stress**  
The sense of accomplishment gained from completing an exercise session can be an uplifting start to your day. In addition, the resistance training leads to the release of natural pain killers in the body (endorphins), which create a "natural high" that can help you better handle the challenges you may face at work.

**3 Improved Resistance to Fatigue**  
Resistance training strength improvements benefit everyone. Everyday tasks feel easier, such as moving furniture, climbing stairs, playing golf, or working all day at a desk. The more strength you have, the more work you can do with less fatigue!

**4 Sharpened Mental Function**  
The Ancient Greeks have long proposed that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong. Modern science shows us that resistance training can improve the mental function, play a role in improving memory, and improve the circulation to allow more blood and oxygen to the brain. Many people rave about how revitalized, alert, and efficient their mind feels after an exhilarating exercise session.



RESISTANCE TRAINING IS USED TO IMPROVE FAT BURNING ABILITY.

**5 Better Sleep At Night**  
In his book *Living the Goodlife*, author David Patchell-Evans shares evidence that resistance training can lead to sleep that is 20% deeper. By sleeping like a rock, you will require 20% less sleep each night, which means that your time investment in exercise can actually give you MORE free time in return!

**6 Decreased Risk of Heart Disease**  
The research has shown that participation in a consistent resistance training program can decrease resting heart rate, lower blood pressure, and increase good cholesterol (HDL) while lowering the bad cholesterol (LDL)

## 7 Injury Prevention

Resistance training is often used to develop supportive muscles around various joints such as the shoulders, knees, and low back. Strengthening the surrounding muscles can help alleviate some of the stress on the area, increase stability, and prevent joint deformation. Studies show that participation in a regular resistance training routine can prevent osteoporosis, and decrease the severity of falls in old age.



AT 65 YEARS OLD, FOX FITNESS CLIENT SHIRLEY KEILLOR DROPPED 31 LBS WITH A YEAR OF RESISTANCE TRAINING

## 8 Better Sport Performance

Resistance training improves sport performance by increasing strength, power, and endurance. Let's face it, if you are not resistance training, you are putting yourself at a significant disadvantage to the many who are. Resistance training can help you play better, which makes sport more fun. The more fun you have, the more motivating it is to be active!

## 9 Improved Appearance

Resistance training can be used to create a confident posture. It can also be used to burn calories, and shed fat to reveal the nicely shaped muscles underneath. No matter who you are, when you're healthy and in good shape, you look attractive! Unlike the changing trends of the fashion industry, being in shape is a desired look that NEVER goes out of style!

## 10 Aging gracefully

Resistance training improves the ability of the muscles that help us pick things up, climb stairs, bend over, and balance to prevent a fall. Daily activities are performed more pain free. Additionally, resistance training has been said to lower the chance of mortality from nearly ALL causes!

*If I were to offer you a pill that gave you all the benefits resistance training offered, would you be interested? How much would you pay for just one bottle of this "super pill"? Well, instead of seeking out a magic pill, I encourage you to experience the magical changes provided by a healthy dose of resistance training – the drug of choice!*

### Take Home Points

- ✓ Get your doctors clearance prior to beginning an exercise program. For your safety, they need to consider your unique health considerations.
- ✓ Most people benefit from resistance training 1-3 times a week, utilizing 8-10 exercises to target the major muscle groups.
- ✓ Vary the exercises over time, or increase the resistance used to facilitate further improvements once the body has adapted.
- ✓ Work smarter, not harder. Exercise machines are user friendly, however, the dumbbells, kettlebells, and stability ball tend to engage more muscles and burn more calories for maximum results in minimal time.
- ✓ The key element to resistance training is supervision by a qualified professional, and the proper prescription of program variables to maximize the benefits.



### ABOUT THE AUTHOR

B.J. Fox is a Toronto based Kinesiologist with over 16 certifications in the areas of fitness, nutrition, and rehab. B.J. specializes in helping busy people get fit by working smarter, not harder. He provides personal exercise coaching for beginning and advanced exercisers. For more information, visit [www.Foxfitness.ca](http://www.Foxfitness.ca).