



Hailsham Active's
Women's Health Workshop

STRENGTH TRAINING

PRESENTED BY
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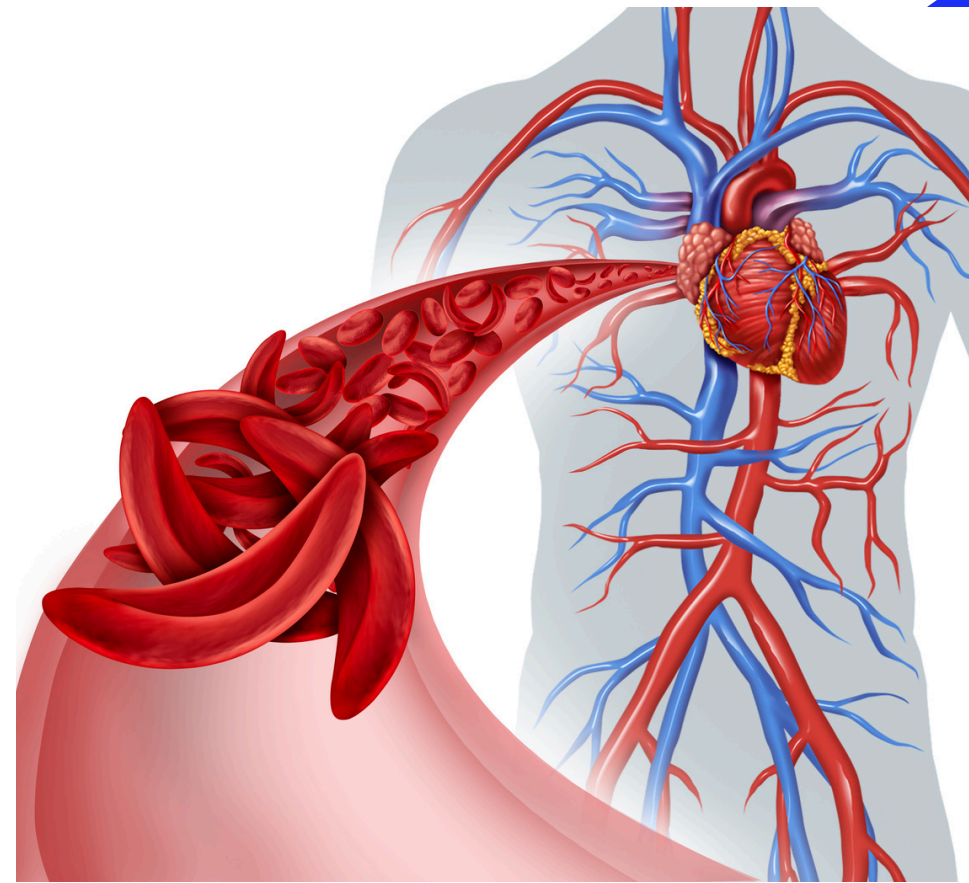


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Functions of muscles

The main functions of muscles are to contract to produce movement, sustain body posture and position, maintain body temperature, store nutrients, blood circulation, and stabilize joints.



Advantages of strength training



- **Develop strong bones.** By stressing your bones, strength training can increase bone density and reduce the risk of osteoporosis.
- **Manage your weight.** Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories.
- **Enhance your quality of life.** Strength training may enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury. Building muscle also can contribute to better balance and may reduce your risk of falls. This can help you maintain independence as you age.
- **Manage chronic conditions.** Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.
- **Sharpen your thinking skills.** Some research suggests that regular strength training and aerobic exercise may help improve thinking and learning skills for older adults.
- **Reduces stress**
- **Improves sleeping**

Stress-busting benefits of strength training



- **Say hello to new endorphins.** Strength training boosts the production of endorphins, your brain's feel-good hormones. Endorphins reduce your perception of pain and can promote feelings of euphoria, like that feeling when you smash your workout and finish on an absolute high.
- **Lifts your mood.** Regular strength training and exercise has been proven to improve self-confidence, lift your mood, help you relax and lower symptoms of depression and anxiety.



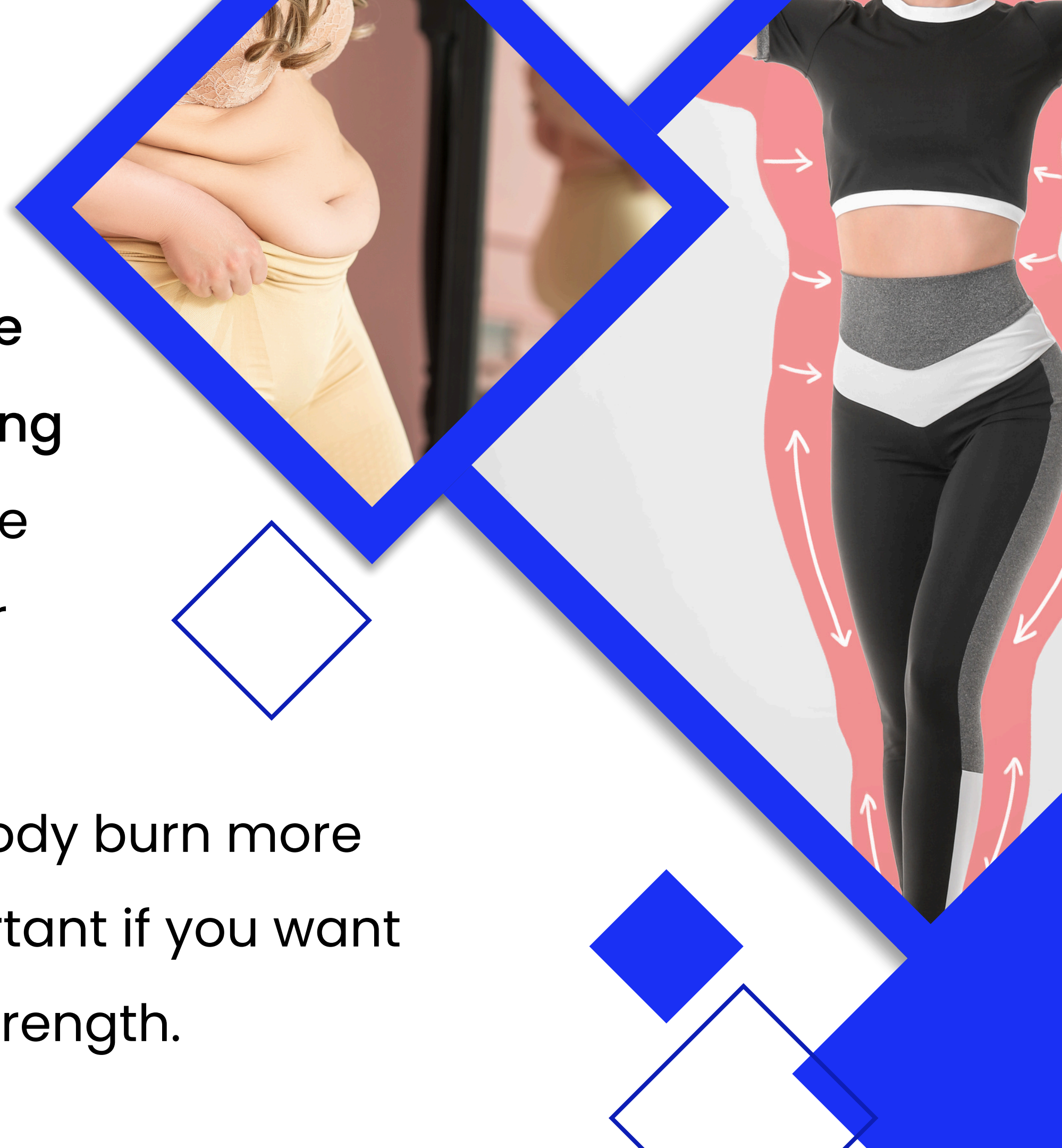
- **Better quality sleep.** Whatever is causing you stress in life will always feel worse if you are not getting enough recovery-promoting sleep. A regular training program will encourage better sleep habits. This is partly due to the energy expended during your workout, but also because the focus needed to perform your lifts creates space for your mind to be present, almost like mental meditation.
- **Self-esteem and confidence.** Becoming a master of anything and progressing through a skill gives you a feeling of pride and boosts self-efficacy when you see yourself continually achieving your goals. Higher self-esteem and confidence equals lower stress levels.



- **Relief of stress-induced muscle tension.** Back pain, neck pain, headaches and other tension-related problems can be improved by using these muscles in strength training. Having a regular training program will improve posture, give you closer control of the muscles that you're carrying tension in and help alleviate these physical stressors.

Strength training and weight loss/fat loss

- ▶ Strength training helps you lose weight and keep it off by building muscle tissue. The more muscle mass you have, the higher your metabolic rate tends to be.
- ▶ More muscle also helps your body burn more fat than muscle, which is important if you want to lose weight and keep your strength.



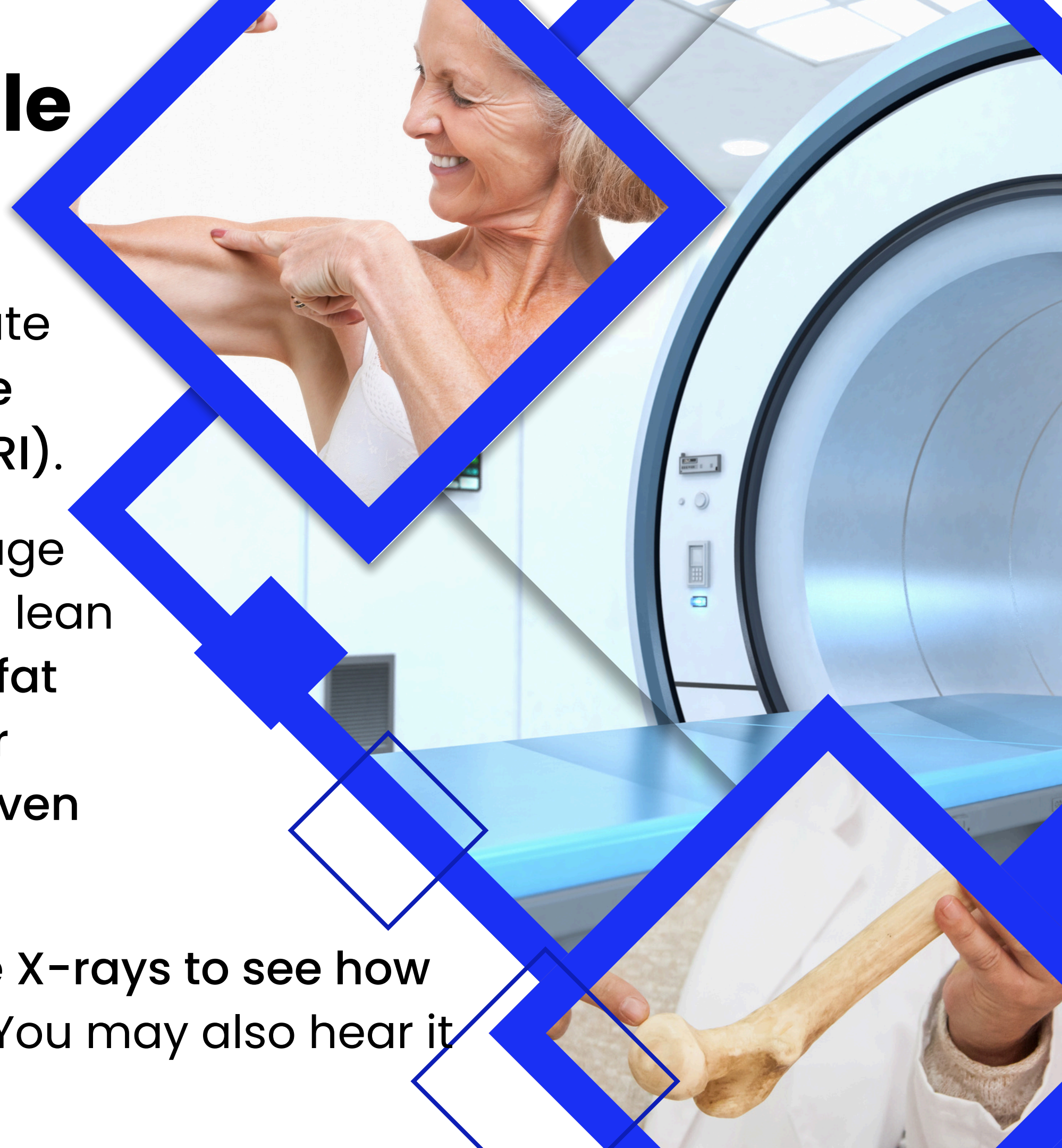
Effects of strength training on long term health conditions

Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.



How to measure muscle mass, bone mass?

- ▶ The most accurate way to calculate muscle mass percentage is to use magnetic resonance imaging (MRI).
- ▶ Calculating your body fat percentage can help you determine how much lean mass is on your body. If your body fat percentage is going down but your weight is remaining the same, or even going up, you are gaining muscle.
- ▶ A bone density scan uses low dose X-rays to see how dense (or strong) your bones are. You may also hear it called a DEXA scan.



HOW TO GET STARTED?

HOW LONG DOES IT TAKE TO BUILD MUSCLE?

Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Most beginners will see noticeable muscle growth within eight weeks, while more experienced lifters will see changes in three to four weeks. Most individuals gain one to two pounds of lean muscle per month with the right strength training and nutrition plan

WHEN CAN I SEE RESULTS?

HOW OFTEN TO DO?

You can see significant improvement in your strength with just two or three 20- or 30-minute strength training sessions a week.

TYPES OF STRENGTH TRAINING

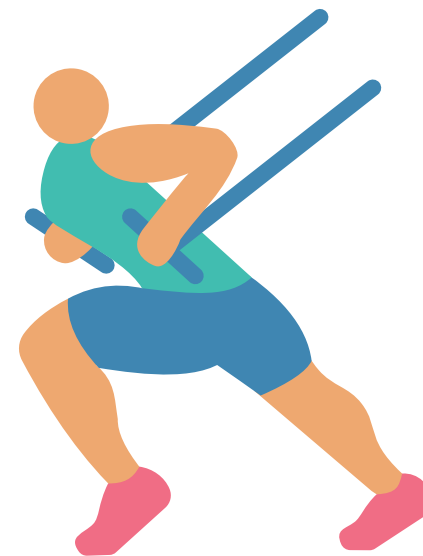
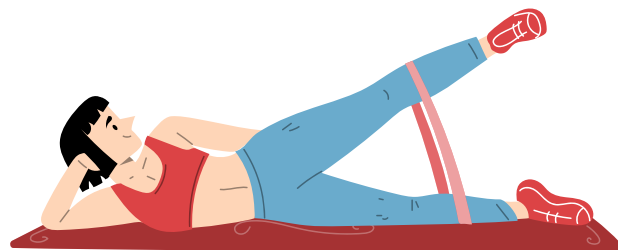


Body weight

You can do many exercises with little or no equipment. Try pushups, pullups, planks, lunges and squats.

Resistant bands

Resistance band is inexpensive, lightweight that provides resistance when stretched. You can choose from many types of resistance bands in nearly any sporting goods store or online.

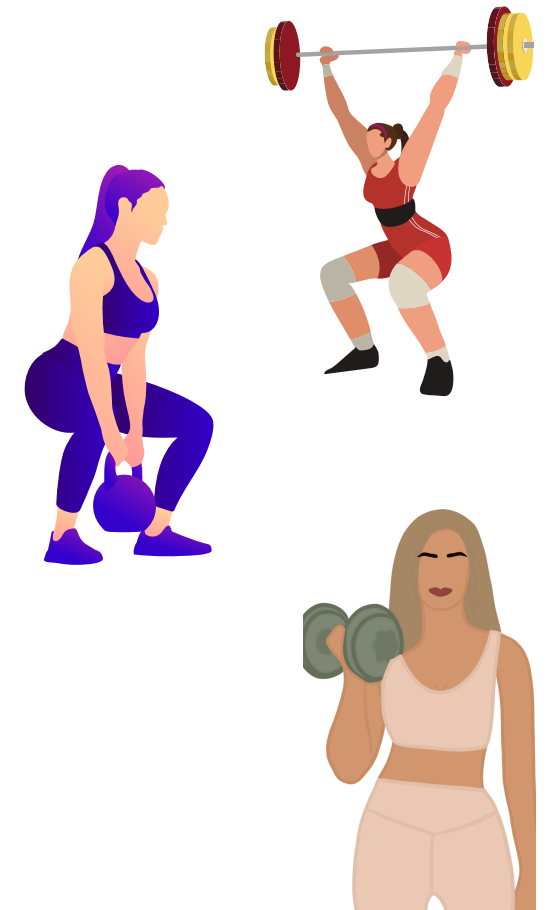


Cable suspension training

Cable suspension training is another option to try. In cable suspension training, you suspend part of your body — such as your legs — while doing body weight training such as pushups or planks.

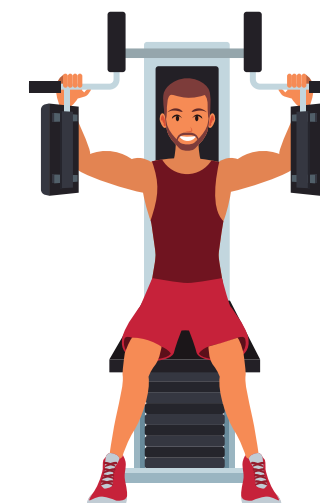
Free weights

Barbells and dumbbells are classic strength training tools. If you don't have weights at home, you can use soup cans. Other options can include using medicine balls or kettle bells.



Weight machines

Most fitness centers offer various resistance machines. You can invest in weight machines for use at home, too.



Strength training for beginners

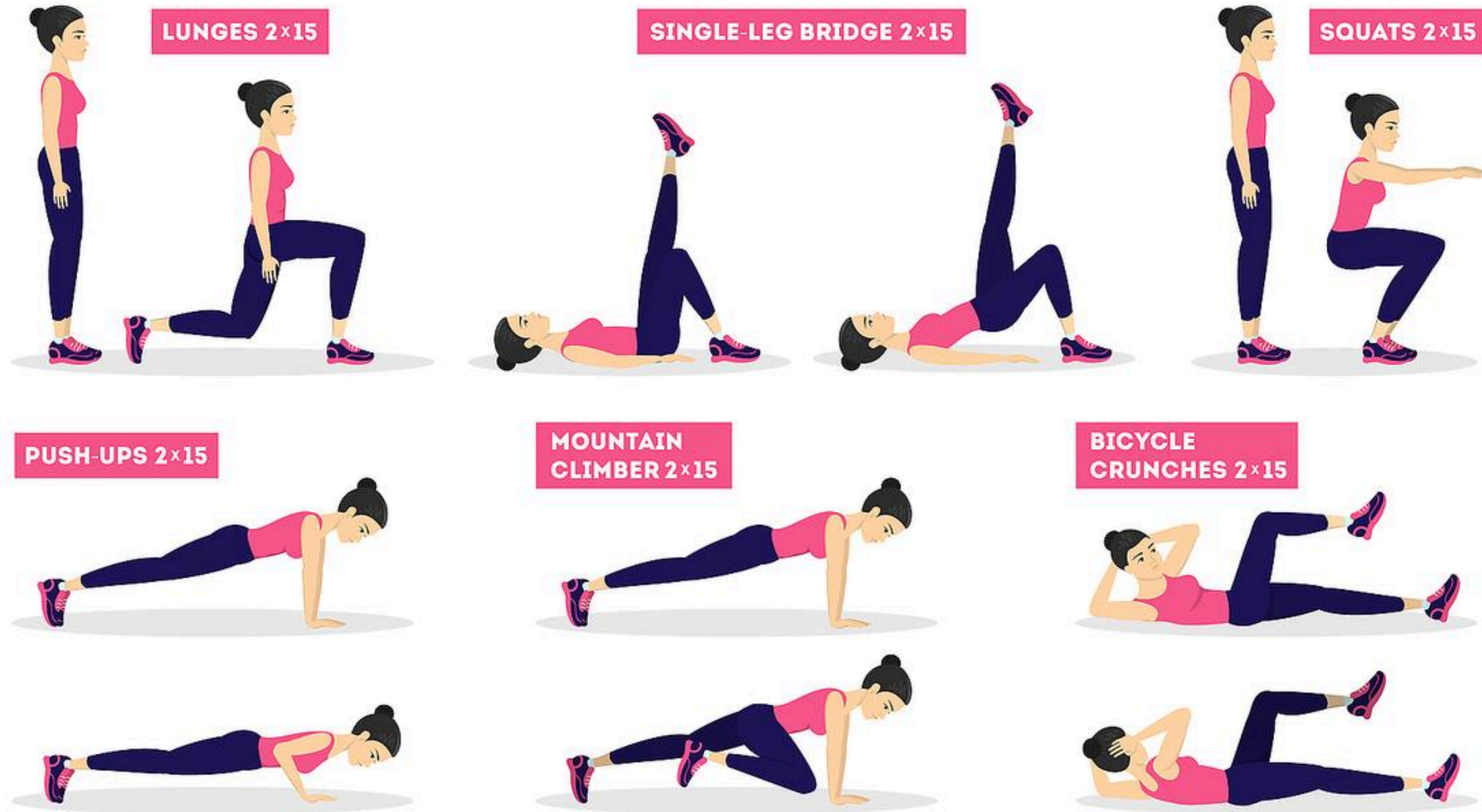
Weight training for beginners typically focuses on **compound exercises**. These are movements that recruit multiple muscle groups until you've built enough strength to **isolate** muscles and work them to their limit.



Functional training, meanwhile, is a form of strength training that focuses on 'functional exercises' that could help you function better in daily life. For example, squats might help you to lift heavy shopping bags. Strength training can get a lot more complex, while functional training is more about the fundamentals.

Strength training for beginners

FULL BODY WORKOUT



What foods are good for the muscular system?



- **Meat, poultry, milk, eggs and seafood** all contain amino acids essential for the body. Dairy products help strengthen the bones and muscles with nutrients such as calcium, vitamin D, phosphorus and potassium.



- **Whole grains, fruits and vegetables** contribute to a healthy muscular and skeletal system.
 - As carbohydrates are broken down into glucose, they increase insulin levels in the blood, which causes adenosine triphosphate (ATP) to be carried to the muscles around the body. These nutrients give the muscles the ability to function properly.
 - Infused with tons of antioxidants, fruits like grapes form nitric oxide in the body and help to maintain heart health. Citrus fruit, blueberries, oatmeal, soy, potatoes, legumes and avocado are also beneficial for muscles and contribute to overall health.
 - Vegetables drastically reduce the risk of cardiovascular disease, lower cholesterol and eliminate free radicals that lead to aging and cancer.



- **Unsaturated fats** such as omega-3 in fish oil, olive oil, peanut oil and soy oil (to name a few) keep the cells nourished.
 - Healthy fats prevent or reduce inflammation and function as a reserve fuel source when carbohydrates are depleted.
 - Omega-3 fatty acids lower the risk of arrhythmia (irregular heartbeats) and prevent plaque accumulation in the arteries. The American Heart Association advises eating fish twice a week.



- **Chocolate** with 60%–70% cocoa reduces the risk of nonfatal heart attacks and stroke. Dark chocolate components include flavonoids called polyphenols which can reduce blood pressure, clotting and inflammation.

WHY DOES PROTEIN MATTER FOR MUSCLE GROWTH?

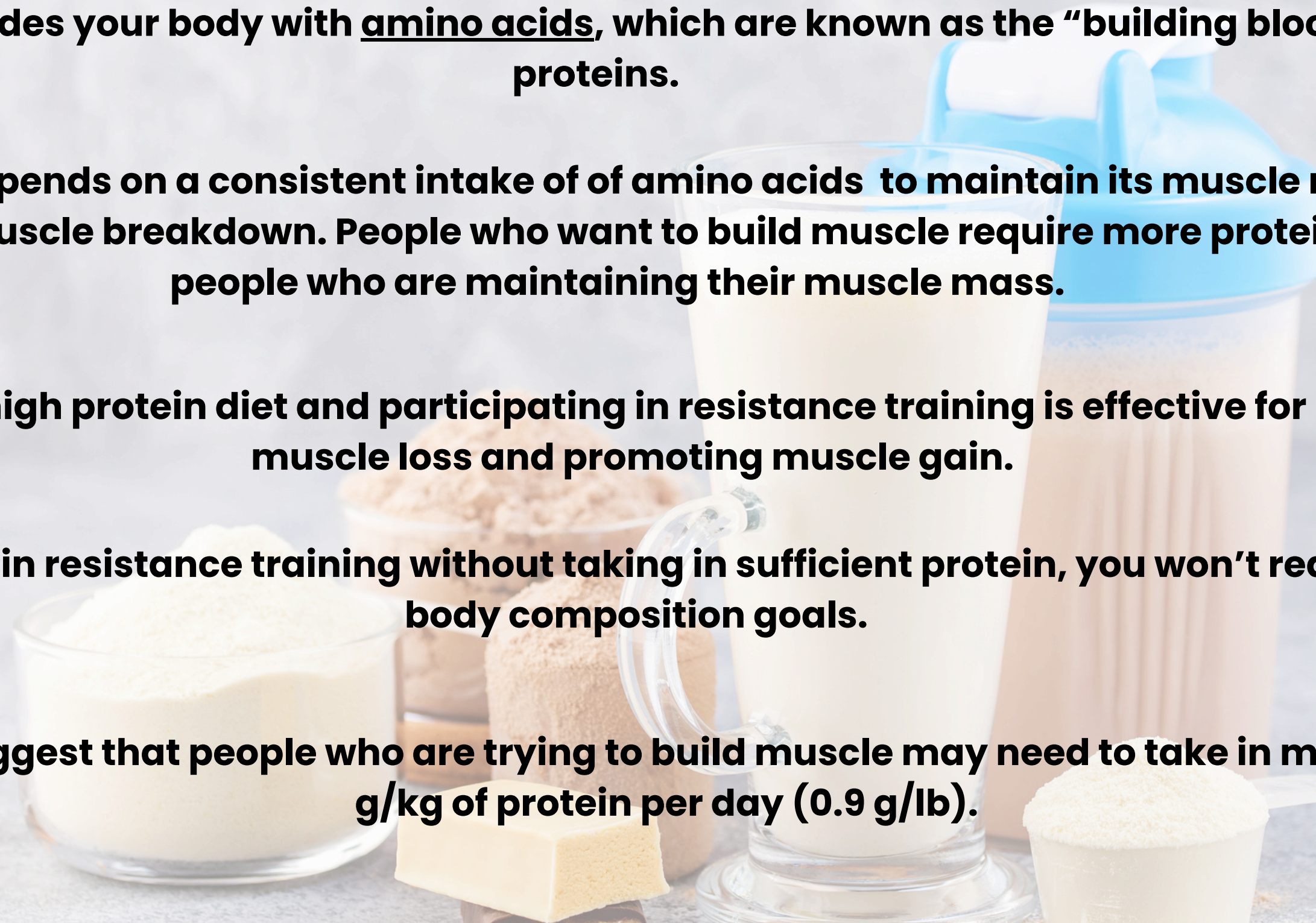
Protein provides your body with amino acids, which are known as the “building blocks” of proteins.

Your body depends on a consistent intake of amino acids to maintain its muscle mass and prevent muscle breakdown. People who want to build muscle require more protein than people who are maintaining their muscle mass.

Following a high protein diet and participating in resistance training is effective for preventing muscle loss and promoting muscle gain.

If you add in resistance training without taking in sufficient protein, you won't reach your body composition goals.

Experts suggest that people who are trying to build muscle may need to take in more than 2.0 g/kg of protein per day (0.9 g/lb).



THANK YOU FOR YOUR PRESENCE

See you on our next workshop ,
topic is Goal setting. Can't
wait to meet you again.



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