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Media Release – Strength Training for All Ages

From: NZ Register of Exercise Professionals



Strength Training for All Ages

Whether it's lifting weights in the gym, completing a bodyweight challenge at the park, or using any number of the tools available, the inclusion of activity to increase muscle strength and composition is important for your long term health and wellness.

Strength training is about ensuring you have a functioning body that can do what you need it to, without risk of injury or fatigue.

All movement has benefits for health and wellness, but strength training comes with added benefits including;

- Increased muscle mass and reduction in the speed of muscle loss as we age
- Increased bone strength
- Better stability and balance
- Ease of completing every day activities
- Lowered blood pressure

Research has indicated that a day spent seated cannot be undone by a single workout. But researchers at the Glasgow University found that people with low grip strength or low fitness levels had faced twice the risk when engaged in long periods of sedentary activities such as watching TV, than on participants who had the highest levels of fitness and grip strength. Risks include a number of conditions including cancer, and heart disease. The researchers believe that increasing strength and fitness may somewhat offset the adverse health consequences of spending a large proportion of leisure time sitting down and watching a screen.

Strength training is not just about lifting weights, although that is an excellent option. A great example of integrating exercise to strengthen the cardiovascular system in conjunction with strength training is High Intensity Interval Training (HIIT). HIIT involves alternating between higher intensity bursts of exercise, with time to rest in between activities, and this high intensity exercise often includes strength training exercises.

The benefits of strength training are not just proven for those who remain active and injury free; there is increasing understanding that exercise, including strength training, can benefit a range of specific health conditions, especially those that are prevalent in older adults such as arthritis, and Parkinson's disease.

Traditionally older adults have been recommended to do light aerobic work to improve heart health and balance to decrease the chance of falls. While these two components are still regarded as important, there is also a benefit in participating in strength training which involves using resistance while exercising. This can be exercises with weights, but there are plenty of other options too.

Strength training is not 'one size fits all' and as with any physical activity, has some risks. However, by working with an appropriately qualified and registered exercise professional, the exercise and activity can be customised to your specific needs, exercise and medical history, thus minimising risk and maximising results.

It's never too late to get started into strength training, so regardless of your age, today is a great day to get started!

References:

<https://www.sciencedaily.com/releases/2018/05/180524174604.htm>

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NZ Register of Exercise Professionals (REPs) - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the "warrant of fitness check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

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Exercise Association of New Zealand - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

