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Media Release – Don't Resist it - Resistance Training is for You

From: NZ Register of Exercise Professionals



Don't Resist It - Resistance Training is For You

For a small time investment, including strength or resistance training is a great option. Strength training is where an external form of resistance such as dumbbells, barbells or kettle bells are added.

We're not just talking about exercising in a gym either, although that's an excellent option. Strength training pops up in a range of settings. The benefits of strength training start as soon as you have finished your exercise session, with a sense of achievement, and also your hormone exercise response which creates a positive mood. Improved sleep comes on the same day, with the increased physical activity. With regular resistance training sessions also comes improved posture, increased lean body mass, higher fat burning ability, and a toned body.

Those benefits above are enough for most people, but there are also some specific benefits that make adding some resistance to your workout worthwhile.

Mental Health

Not all benefits of resistance training are physical, with a study from Harvard Medical School showing a significant reduction in the symptoms of anxiety and depression with regular workouts. Just two sessions a week are required for the benefits to show.

Heart disease

According to recent research reported out of Iowa State University, as little as an hour a week of lifting weights results in a 40- 70% reduction in heart attack or stroke risk independent of other exercise. Perhaps the most interesting part of the study was the volume of weight training required for this result with just an hour a week. Also of interest was that the percentage reduction of risk of cardiovascular disease did not increase with resistance training above this level.

Diabetes

According to the Ministry of Health there are over 250,000 people in New Zealand who have been diagnosed with diabetes (mostly type 2). They recommend two resistance training sessions a week to manage type 2 diabetes, along with aerobic activity and good nutrition.

Osteoporosis

Osteoporosis, or the loss of bone mass is a risk factor as we age, and is more prevalent in post-menopausal women, and men over 70. Osteoporosis leads to thin and brittle bones leading to an increased risk of broken bones, especially as balance is compromised with age and inactivity, leading to increased falls. Any form of weight bearing exercise, along with a healthy diet and lifestyle can support strong bones in early life, and therefore a reduction in bone loss in later life. Strength training supports weight bearing activity and also contributes to balance, which can prevent falls, which are extra risky for those with osteoporosis.

To get the maximum benefits of strength training, it's important to work with a registered professional to ensure you get appropriate advice on what suits your health history, goals and lifestyle the best. Many people find using a dedicated exercise facility is the way to go, with a range of equipment you wouldn't have available otherwise, and help is on hand when you need it. Whether it's a gym or exercise facility, or a small studio, you'll find everything you need.

Reference:

<https://t2dm.nzssd.org.nz/Section-89-Physical-activity>

<https://www.health.harvard.edu/mind-and-mood/strengthen-your-mood-with-weight-training>

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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.

