

Should I Weight Train?



7 compelling reasons to weight train:

1. **It improves strength** – you'll become physically stronger and this makes you less prone to injuries and more capable of performing everyday activities with confidence.
2. **It raises metabolism** – by increasing your lean tissue or muscle you will burn more calories 24 hours a day, helping you burn body fat and most importantly maintain a healthy weight.
3. **It prevents osteoporosis** – by 'loading your bones' you can increase your bone mineral density significantly. This is especially important for women of any age.
4. **It controls insulin** – weight training improves glucose utilisation in your body, regulating insulin and reducing the risk of diabetes developing.
5. **It reduces CHD risk factors** – strength training helps lower blood pressure and increases your HDL (or good cholesterol) both of which reduce your coronary heart disease risk.
6. **It alleviates lower back pain** – a suitable resistance programme can reduce lower back pain and improve posture significantly.
7. And finally – **weight training helps to reduce stress, anxiety and depression**, it lifts your mood and promotes better sleep. It also improves body image, which has a major effect on psychological well-being. You'll have more energy, greater confidence and be happier with your appearance.

#FitnessFact

Also known as resistance or strength training, this type of exercise provides so many health and fitness benefits that it can't be ignored!

FAQs

Won't I get big and bulky if I weight train?

This is a common concern that women have. Unlike men, women don't have enough of the hormone testosterone to cause significant muscle growth. Women will, however, develop muscle tone, strength and definition. **So bring it on ladies!**

How long should I spend on my programme and how often?

Two important factors in successful strength training programmes are the intensity of the session and the recovery period after the workout. Your Personal Trainer will be able to give you specific advice depending on your needs, but it doesn't have to take as long as you think. Just twice a week for about 30-40 minutes can result in tangible benefits.

Why is resistance training good for weight loss?

Muscle is metabolically active – requiring energy 24 hours a day. Adults lose muscle mass at a rate of 1/2kg a year which explains 'middle-aged spread' – the phenomenon by which you seem to be eating the same number of calories but getting bigger. This is because you are burning fewer calories due to muscle loss. If you counter this effect by strength training, you will increase your metabolism which will help in reducing excess body fat.

At what age is it too late to start strength training?

Studies show people in their 80s and 90s who have taken up resistance training can make huge improvements in strength and functional ability. Strength training is truly an activity that **EVERYONE** of any age should be doing.

For more information visit
synergyfitness.co.nz
or talk to one of our training professionals



A Word About Protein

Research supports using Whey Protein.

Whey protein isn't just the fuel of body builders. Don't get us wrong, if you're focussed on building muscle and getting good quality workouts in and sticking to a diet full of lean protein, fibre and vitamin-rich veggies and fruits, and good-quality carbs, and still not seeing the results you want, whey protein will help you gain greater results. But that's not the only reason it should be a part of your daily routine.

We've narrowed down the top three benefits that using whey protein can help the typical exerciser.

Lose Fat And Preserve Muscle

Have you reduced your calorie intake hoping to shed some flab? If so, you might be interested to learn that researchers in Minnesota conducted a 12-week study where subject's daily caloric intake was reduced by 500 calories. They then gave some participants whey and the rest were given an isocaloric mix beverage. **Those consuming whey lost a significantly greater amount of body fat (6.1% total) and better preserved their muscles.** If you have an urge to snack on something, try a whey protein bar.

More preserved muscle will mean a higher BMR (Base Metabolic Rate) resulting in a body that effectively burns more calories 'at rest' than a 'lighter' body weight due to less lean muscle mass.

Increase Size And Strength

Hitting the gym hard hoping to make strength gains? Researchers at Baylor University in Waco, Texas, took 19 men performing resistance training over a 10-week period and gave some of them 14 grams of whey and casein protein along with 6 grams of free amino acids, while giving the rest a 20-gram placebo. **Those who consumed the whey had greater increases in fat-free mass and muscle strength.** The key is to follow the example of the study and consume whey one hour before and after the exercises.

Reduce Hunger

Hungry? Whey could help you reduce hunger and avoid developing a bowling ball-shaped physique. Australian researchers had 28 obese men consume four different drinks. **Those who consumed the beverage containing 50 grams of whey had significantly reduced levels of ghrelin** (a hormone that tells your brain you're hungry) **up to four hours later.** So instead of munching on unhealthy party snacks, drink a protein shake beforehand.

Replace your unhealthy, high calorie snacks with a Protein Bar or Shake for optimal results.