Why everyone needs to add Strength Training/Toning and Stretching

Exercise is known as one of the most under-utilized anti-depression treatment

Misconceptions:

- Many women have expressed the fear of getting big muscles by strength training. That is far from the truth. A woman's body does not have the same levels of testosterone or growth hormones that men do.
- You need to release weight before toning. The opposite is true. Strength training assists you in burning fat and calories, most efficiently.
- The false idea, that "more is better" (more weight/resistance, duration, repetitions or frequency.) Exercises done correctly, with intention, is what gives the most challenge, benefits and lasting results.

Benefits of Strength Training:

Physical Benefits:

- Improves muscle tone, strength and endurance
- Lubricates tendons, joints and ligaments
- Increases bone strength; Important for people who suffer with loss of bone density, as in osteoporosis
- Allows body to burn fat most efficiently, by raising the basal metabolism, even while sleeping
- Improves balance and coordination
- Decreased risk of sustaining an injury
- Reverses age related muscle loss
- Lowers resting blood pressure
- Improves posture, circulation and sleep
- Increases stamina and energy
- Increased levels of HDL in blood
- Strengthens the immune system

An excerpt from Dr. Kimarie Machinga's book, "Inner Power-Outer Strength." 2017

Psychological Benefits:

- Elevates mood
- Increases sense of wellbeing, self-confidence, self-esteem and self-worth
- Reduces stress and anxiety

As we get older, it is so vital to keep our body strong and supple, before things start to break down. Just like the saying, "use it or you'll lose it". I hope you don't wait until that point to begin. If you are at a place where you have suffered from an injury or disease, it is especially important to build muscle tone and strength, to help reverse things.

Cardiovascular Exercise

Cardiovascular Exercise: any consistent movement that elevates the heart rate and increases blood circulation throughout the body.

Such as:

-Walking -Jogging - Swimming -Cycling -Aerobics classes -Hiking -Rowing -Stepping -Kick boxing -Rebounding (trampoline) -Interval training

Recommended time 20-60 min 3-5 times a week; start off easy and work your way up with added time and intensity.

Benefits of Cardiovascular exercise:

- Train your heart: the heart is a muscle and cardio is strength conditioning.
- Decreases resting heart rate: the slower your heart beats while at rest, the better.
- Reduces risk of heart disease.
- Increases lung capacity.
- Heart and lungs work more efficiently.
- Reduces body fat.
- Increases metabolism for up to 24 hours.
- Feel invigorated for hours after training.
- Increases endurance and stamina.
- Strengthens muscles and joints.
- Increases bone density: as we age bone density decreases.
- Improves immune system and circulation.
- Lowers blood pressure and cholesterol.
- Great for Diabetes: regular exercisers require less insulin.
- Increases confidence: releases Endorphins (feel good hormones).
- Reduces stress, tension, depression and anxiety.

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- Better sleep.

Stretching increases flexibility

Flexibility is the degree to which an individual muscle will lengthen. As you get older, our muscles begin to shorten and tighten, restricting flexibility. Movement becomes slower and less fluid, many don't stand up as straight and may find it more difficult to bend down to pick something up, which means being more susceptible to muscle, joint and tendon injuries.

Stretching can eliminate low back pain, muscle tightness in the quadriceps, hamstrings, hip flexors and low back muscles (is a common cause of low back pain).

Stretching improves circulation and increases blood flow to the muscles. Increased blood flow brings more nourishment to the muscles and gets rid of more waste byproducts in the muscle tissue. Improved circulation can also help shorten your recovery time, if you've had any muscle injuries.

It is often overlooked how good stretching feels, as well as how relaxing it is. It's a good stress reliever. Reference: "Stretching" by Bob and Jean Anderson.

Some Benefits of stretching

- Reduces muscle tension and makes body feel more relaxed.
- Increases range of movement in the joints.
- Enhances muscular coordination.
- Increases circulation of the blood to various parts of the body.
- Increases energy levels (resulting from increased circulation, relieves stress.
- Prevents injuries, such as muscle strains.
- Develops body awareness, and as you stretch, you focus on various the parts of your body and get in touch with them.
- Helps loosen the minds control of the body.
- Aides in reversing hardening of the arteries.