

Strength Training Benefits

While cardiovascular exercise is a great way of burning fat, adding a little strength training to your workouts will burn extra calories every day. You'll even be burning extra calories while you're sleeping or sitting on the couch watching your favourite tv show.

Research has shown that regular resistance training can increase your Basal Metabolic Rate by up to 15%. So for someone burning 2000 calories per day, that's a potential 300 extra calories burned every single day.

Do not be disheartened if initially you seem to be staying at the same weight or gaining slightly. Muscle weighs more per square inch than fat, so whilst your weight might not be dropping very quickly, you will start to see a healthier, slimmer and better toned you in the mirror.

Weight training is just as suitable for women as it is for men. Many women are wary of taking it up for fear that increased muscle means increased masculinity, this is not the case. Testosterone is a very important factor in the development of muscle shape, so as women have very low levels of this hormone their muscles develop differently, meaning a little resistance training will not lead to a bulky, butch physique.

Resistance exercise can reduce bone deterioration and build bone mass, preventing osteoporosis. Working your muscles can also inhibit the affects of age related loss of muscle mass, strength and function.

And remember, just two properly conducted resistance training workouts per week for around 15 – 25 minutes each time is sufficient to realise these benefits.