

Weight lifting



Strength Training: An Important Aspect of Any Balanced Fitness Regimen of the of the Concerned November 22, Strength Training: An Important Aspect of Any Balanced Fitness Regimen

It is indeed true that strength training needs to be an important aspect of any holistic and well balanced fitness program. Strength training broadly refers to such exercises that intend to build on muscle mass and strength by making human muscles endure the resistance or pull posed by a weight or some elastic force (Komaroff, 2014). It is a misconception that only young people or for that matter only men need to work on their muscle mass and strength. The fact is that strength training is important for people of all age groups and gender.

People can do strength training by using a variety of gadgets and accessories like weights, dumbbells, resistance bands, and professional gym equipment. Most gyms do have at least the very basic strength training tools to enable their subscribers engage in a well balanced fitness schedule.

As per medical and fitness experts, people who include strength training in their fitness schedule do reap a variety of health benefits. It is a reality that as people age, they start losing muscle mass with time. This compensates their overall stamina and energy levels. Strength training is one sure way to gain muscle mass even during mature years and to maintain a youthful posture and body tone (Komaroff, 2014). It is known to positively aid body mechanics. Besides, optimal levels of muscle mass and strength helps people remain energetic and it improves their capacity for work and sports (Komaroff, 2014). Aged people who practice strength training are more likely to retain physical balance and stability even during mature years (Komaroff, 2014). Besides, strength training also improves pumping capacity of heart

and helps people maintain healthy blood pressure (Anderson, 2005). It is also known that improvements in muscle mass and strength facilitated by strength training exercises does quicken body's metabolic rate and help people maintain a healthy body weight by burning more calories (Anderson, 2005).

Above all, strength training has especially been found to be of immense relevance to women, who are more vulnerable to osteoporosis as compared to men. Inactivity is known to dilute bone density, thereby leading to heightened risk of osteoporosis. Consequently, engaging in regular strength training is known to improve bone density and reduce chances of osteoporosis and brittle bones (Anderson, 2005). The benefits of strength training do not stop here. Moreover, strength training has also been found to improve immunity and body's ability to fight against diseases. It also decreases vulnerability to diabetes and heart diseases (Anderson, 2005). That is why more and more fitness experts and practitioners today do encourage their clients to include strength training in their regular fitness programs. However, before doing so it is mostly advised that individuals do consult their doctor to avoid any complications or risk.

Hence, strength training is a type of exercise that can immensely benefit any person in a variety of positive ways.

References

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