

The Fountain of Youth

By Lauren Parsons

People sometimes fantasise about the so called "fountain of youth". Wouldn't it be fantastic if you found some way to actually reverse the signs of aging? Imagine how much you might pay! Well, here is a practical way you really can make yourself biologically younger and best of all, its free! The answer...do some strength resistance training once or twice a week.

By Strength Training you will:

- Boost metabolism
- Increase or maintain lean body mass
- Reduce body fat
- Have faster fat-burning and a leaner physique
- Increase bone mineral density
- Increase everyday strength
- Increase power and sporting performance
- Reduce your risk of injury and speed up recovery
- Improve your posture
- Prevent osteoporosis and arthritis
- Improve joint strength and stability &
- Increase vitality and quality of life

As we age, we typically have all of the opposite things happen. As our muscle reduces down, our metabolism slows and we tend to put on body fat more easily. We can however maintain and increase our lean muscle, keeping our bodies 'younger' and the bonus is that by doing so we keep our metabolism revved up which then works 24/7 to keep body fat off!

You don't have to go to the gym either – at home work outs can be great, especially if you are just starting out. The main thing is to know of the best exercises to do that will give you a good all over workout and to be able to keep challenging yourself as you improve – this is the key to success!

The gym is obviously a great place to train as well as, especially when you are a more advanced

trainer as it gives you a greater range of ways to challenge your muscles and hence make them stronger.

Some people get put off strength training as they believe some of the myths out there such as

- Muscle will turn to body fat if you stop training
- Women who lift weights will bulk up and look bigger
- Body fat can be spot reduced (e.g. Ab crunches will trim my waist)
- Low weights and lots of repetitions are for "toning"
- You must train for at least an hour 3 or more times a week

The first 3 are just quite simply physiologically impossible! Muscle cannot transform into fat (they are different substances), women don't have the testosterone levels required to bulk up, and muscles don't use up fat only from the fat cells that happen to be nearby but rather from all over the body. In addition, you can get great results by training for just half an hour one or twice a week by choosing the right exercises and intensity level – its all about training smarter not harder!

The truth is that an **all over body exercise programme** that involves lots of **multi-muscle exercises**, (the ones that really get your whole body working including your abs) at a **challenging level** (whatever challenging is for you) where you work close to your potential (e.g. heavy weights and not too many repetitions) are the best way to get all the benefits listed above.

Exercises such as press ups, tricep dips, chin ups, dumbbell rows, squats and lunges are all fantastic examples of multi-muscle exercises – all of which can be done in or out of the gym. Make sure that you know how to perform them with great technique (it's a good idea to get advice from a qualified trainer.) Then simply keep increasing the weights over time and make sure that you allow enough recovery days between workouts.

You will see the results in how you feel and look, plus you'll get all the flow on health benefits! So get together with a friend and get training today!

To have your questions answered or to suggest a topic you'd like to hear more about, contact me via my website www.laurenparsons.co.nz