

RESISTANCE TRAINING

Resistance training includes any exercise that requires your muscle to move against a force. Generally, resistance training exercises are used to strengthen a muscle or increase muscle mass. Engaging in resistance training exercises can help increase a person's metabolism, help improve posture and balance, and change one's overall physical appearance.

DEFINITIONS

REPETITIONS - The number of times you are going to perform a specific exercise.

SETS – A group of repetitions.

FREQUENCY – How many days per week you will engage in resistance training activities.

CONCENTRIC MOVEMENT – Muscle contraction.....as your muscle works against the resistance, muscle fibers shorten.

ECCENTRIC MOVEMENT – During an eccentric movement, your muscle fibers lengthen as you lower the weight to a starting position.

WHY?

Resistance training is a very important component to any fitness routine.

- After the age of 30, muscle mass naturally decreases by 5% each decade.
- Muscle mass is more metabolically active than fat mass. Therefore, the more muscle you have, the more calories you will burn both at rest and during activity.
- Muscle mass helps stabilize our bones and joints. Engaging in weight training activities can reduce a person's risk for osteoporosis and falls.

MYTHS

Women get “bulky” if they do resistance training activities.

FALSE – Resistance training can help women tone and reshape their bodies, but they do not have enough testosterone to “bulk up”.

Muscle can turn to fat and fat can turn to muscle.

FALSE – Muscle and fat are completely different tissue. If you stop doing resistance training activities, your muscle mass and metabolism will decrease. Consequently, you will have a greater proportion of fat mass.