



# EXERCISE PHYSIOLOGY NEWSLETTER

*B*elieve *B*ecome *B*Fit

## BENEFITS OF STRENGTH TRAINING *10 Reasons why you should!*



*The following benefits of strength training are numerous and can be achieved by all ages, male or female and should be a part of everyone's healthy lifestyle and exercise routine.*



### FUN FACTS

- A fresh apple has less kilojoules and higher fiber (300kj, 3.3g) content than dried apples (460kj, 3g) or a glass of apple juice (490Kj, .2g).
- Researchers at Harvard Medical School have revealed if a friend becomes obese, your chances of becoming obese increase by 57%.
- Heavy, low rep lifting burns more kilojoules than doing high reps at a light weight.
- A Banana a day helps keep muscle wastage at bay: Potassium-Rich foods neutralize the acids responsible for muscles breaking down as you age.
- The perfect amount of body fat for a male is 9%. This will give you optimal muscle definition and any less will compromise essential fat stores that surround your vital organs.
- Have one less beer each drinking session! You'll save 600kj, and up to \$5 each time. Ten fewer beers a month means an annual 2kg of fat & \$600 more in your wallet.

- 1. Burn more calories:** Adding just ½ kg of muscle to your body burns an extra 50-77 calories a day. Add 2.75kg of muscle and suddenly you are burning up to 300 more calories each day just to keep that muscle alive, all while sitting still! This is due to the fact that muscle tissue is far more active and dense than fat – 500g of muscle takes up to 18% less space than 500g of fat.
- 2. Avoid muscle loss and metabolic rate reduction:** the average person loses 10% of total body muscle between the ages of 24 and 50 if they don't lift weights. A loss of 2.2kg and 3.2kg of muscle every decade. This can see a gradual increase in body fat if their eating patterns remain the same. A beginner is able to gain 4kg of muscle by performing 3 full body workouts a week for 3 months.
- 3. Burn body fat:** 230 calories are burnt by just 8 sets of weight training. Strength training and cardiovascular training helps in weight loss. Cardio training alone burns both muscle and fat, whilst strength training burns predominately fat whilst continuing to burn calories long after the work-out for recovery.
- 4. Increase bone mineral density:** Progressive strength training effects are similar for muscle and bone tissue. The same training stimulus that increases muscle strength also increases bone density and mineral content. A 1993 study demonstrated significant increases in the bone mineral density of the upper femur after 4 months of strength training.
- 5. Reduction in blood glucose levels:** Researchers have reported a 23% improvement in glucose uptake and insulin sensitivity. Strength training can cut your risk of diabetes in just 4 months according to a study by Tufts University in the U.S.
- 6. Reduction in resting blood pressure:** Strength training improves the stroke output of the heart, efficiency and decreases the risk of a stroke by 40% according to a U.S. study at the University of Michigan. After 2 months of combined strength and aerobic exercise participants dropped their systolic blood pressure by 5mmHg and their diastolic by 3mmHg.

*Continued page 2*

**BELIEVE • BECOME • B FIT**



Continued from page 1

**7. After burn effect:**

38hrs after you perform an intense total body workout your metabolism stays elevated. This phenomenon is known as the after burn effect and is due mainly to the process of muscle repair. Muscles are always breaking down and rebuilding themselves (a process known as protein synthesis), strength training accelerates this process, causing muscle tissue to breakdown at a higher rate than normal (2001, Finnish study found that protein synthesis increases 21% 3 hrs after a workout). Compare this to just doing cardiovascular (aerobic) exercise, where the increased metabolic rate after exercise lasts only 30-60mins!

**8. Reduce lower back pain:**

Years of research on strength training and back pain have shown stronger lower back muscles are less likely to be injured than weak ones. A recent study found that lower back pain patients had significantly less back pain after 10 weeks of specific strength exercise for the lumbar spine muscles.

**9. 30% gain in flexibility:**

for older men after performing total body workouts for 16 weeks.

**10. Improvements in Testosterone levels:**

Increase levels by up to 49% according to a Finnish study, improving mortality risk and sex drive.

# CONGRATULATIONS!!



*Pictured Above: BFit's Annual Awards Night Dinner*



**1st ALISON NELSON** – Who has impressively lost over 27.5kg of fat weight, decreased waist measurement by 21.2cm and hips by 22.5cm.

**Runner Up - GREG MORAN** (on far right) – Who has now lost 20kg on the scales.



**FITTEST COUPLE - Brett & Martina Jeffries:**

Ran Sutherland to surf beating trainers, combined loss of over 16kg, 17% body fat, 19cm waist reduction, Increased cardiovascular Vo2max 27%.



**FITTEST FAMILY - Alister, Sam & Becky Reid** – Combined loss over 40kg fat weight, 19cm waist reduction, increased cardiovascular V02 fitness, 25%.



**MOST CONSISTENT FEMALE - Nannette Frederick**

**MOST CONSISTENT MALE - Joe Timpano** (below middle)

**MOST ADVANCED TRAINING OF THE YEAR: Katherine King** (below left)

**B Fit COUPLE OF THE YEAR: Ray** (above right, with brother Greg) & **Maria Moran**



**WISH I WAS A TRAINER:**

## PROMOTION

Refer a friend who joins and receive a free session.

We welcome questions - please don't hesitate to phone us on: **9540 9995** or email us on: **bfit@bfit.com.au**  
**www.bfit.com.au**