

The benefits of resistance training

Evidence supporting the health benefits of activities that increase muscular strength and endurance in non-elderly populations has accumulated rapidly in recent years (Braith and Stewart, 2006; Pollock, Franklin and Balady, 2000). Research demonstrates that resistance (weight) training has profound effects on the musculoskeletal system, contributes to the maintenance of functional abilities, and prevents osteoporosis, sarcopenia, lower-back pain, and other disabilities. In addition, observational studies have suggested an inverse association between risk of all-cause mortality and various components of muscular strength or endurance (Fitzgerald et al., 2004; Katzmarzyk and Craig, 2002).

It has also been demonstrated that resistance training may positively affect risk factors such as insulin resistance, resting metabolic rate, glucose metabolism, blood pressure, body fat, and gastrointestinal transit time, which are associated with diabetes, heart disease, and cancer (Winnett and Carpinelli, 2001). Research also indicates that virtually all the benefits of resistance training can be obtained in two 15- to 30-min training sessions a week.

Furthermore, evidence suggests personal training can amplify the positive health benefits associated with resistance training and physical activity. One of the first studies to evaluate the effectiveness of the personal training experience in the scientific literature was by Mclaran (2003) to determine the efficacy of personal training. The results of this study indicate that one-on-one personal training is an effective method for changing attitudes towards and increasing amount of physical activity undertaken.

Ratamess et al. (2008) examined the influence of resistance training with a personal trainer versus unsupervised resistance training on the self-selected intensities used by women during resistance exercise. The results of their investigation indicate that resistance training under the supervision of a personal trainer leads to greater 1 repetition maximum strength values, self-selection of greater workout intensities, and greater ratings of perceived exertion values during resistance exercise.

Resistance training at least twice per week provides a safe and effective method of improving muscular strength and endurance by 25% (Slentz, Duscha and Johnson, 2004), which in turn makes everyday activities, such as climbing the stairs seem easier. Thus, promoting better quality of life and wellbeing. One-on-one personal training is an effective method for changing attitudes towards and increasing amount of physical activity undertaken. It is also evident that personal training is an effective way of fast tracking your fitness goals and maximising the physical and mental health benefits of resistance training and regular physical activity.

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