

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

Strength, Flexibility & Endurance for Both the Young and Old

Looking good is still a top priority, but exercise is now recognized as the common denominator in the quest for good health. Resistance training specifically has highlighted the fitness movement with several benefits: not only does it figure heavily in body weight control, but it lessens the risk of a host of ills such as cardiovascular problems, high blood pressure, high cholesterol, diabetes, several types of cancer and more. In one test, researchers at John Hopkins University (Baltimore) found that the intestine was shortened by half after subjects engaged in three months of strength training, reducing the risk of such problems as diverticulitis, hemorrhoids, constipation and possible colon cancer.

In addition, clinical trials have shown that resistance training reduces the "bad" LDL cholesterol while aerobic exercise raises the "good" HDL cholesterol. This supports the belief that a combination of weight training and aerobics may be the ideal regimen for losing weight and improving cholesterol levels.

While a lifetime of fitness is the goal to strive for, many scientific studies in recent years show that lifting weights becomes increasingly important past age **50** in preventing such common causes of disability as brittle bones, back pain and instability. It can maintain or restore strength and vitality as well. Researchers at Tufts University (Medford, Massachusetts) also support the superiority of strength training for post-menopausal women: They found that while walking prevented bone loss only in the spine, resistance training actually thickened the bones of the spine and hips, reducing the chance for fractures in these vulnerable areas. This led to a greater capacity for overall activity that could help keep the bones strong.

The magic of progressive-resistance weight training is its fast-acting effect. **For beginners**, a single set of **8 - 12** repetitions per body part using a barbell, dumbbells, a machine or body weight in a **20 - 30** minute full-body workout, **2 - 3** times a week will start to build muscle, boost metabolism, fight low-back pain, increase bone density and shield the heart from over exertion. And it works for all ages and both genders.

Once you start resistance training, you will probably never stop.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.