



UNLOCK THE BENEFITS OF STRENGTH & POWER TRAINING

DID YOU KNOW...

Above the age of **30** we start to lose **3-5%** of muscle mass and function every decade. Over the age of **50** our muscle power goes down by **3%** every year! Physically inactive people can lose even more and the process speeds up after age 75. Even if you are active, you'll still have some muscle loss.

The medical term for this condition is **sarcopenia** (the loss of skeletal muscle mass and strength as a result of ageing) and even though it has a scary sounding name, the GREAT NEWS is you can do something about it. **Read on to find out what and how.**

IT'S NOT TOO LATE!

Symptoms of **SARCOPENIA** can include weakness and loss of stamina, which can interfere with physical activity and could result in more slips, trips and falls. It's a factor in frailty and the likelihood of falls and fractures in older adults.



Sarcopenia affects everyone – not just men.

You don't have to beast, bulk or bench like the Hulk, and it's not about whether you can deadlift, jerk or snatch. Adding resistance training or strength training to your exercise routine increases muscle strength and endurance using weights or resistance bands.

The proper number, intensity, and frequency of resistance exercise is important for getting the most benefit with the least risk of injury. We recommend you develop your exercise plan with an experienced personal trainer.



TAKE ACTION NOW



email: pt@healthoutfit.co.uk to get started.

Within weeks of starting strength and power training you'll look more toned, feel younger and have loads more energy to do the things you love.

STRENGTH TRAINING IS VITAL FOR ANYONE OVER 30, IF YOU WANT:

- Better body composition
- To reverse the aging process
- Better brain health
- Lower levels of stress
- Improve sensitivity to insulin

Strength training builds muscle and slows bone loss. It can ease joint pain and make it easier to lose weight and stay mentally focussed too.



Research from the Harvard Medical School shows that **it's never too late to rebuild muscle or maintain it.**

GETTING STARTED

Muscle power is also important. It's about how fast and efficiently you move because muscle power is connected to everyday activities like getting up from a chair or walking up the stairs or lifting shopping bags out of the car.

Incorporating exercise routines that utilise your own body weight – like using resistance bands or a TRX – can be very effective in developing power.

A strength and power programme should focus on your specific goals with exercises, load, repetitions, sets and rest periods tailored to your ability.

You might be inspired by the latest fitness trends, pics on Instagram or workouts in the latest health and fitness magazine, but they might not be the best place for you to start.



LET'S GET PHYSICAL

A programme designed for you should be challenging but not overwhelming.

AS A ROUGH GUIDE, A TYPICAL TRAINING PROGRAM MIGHT INCLUDE:

- A warm up and cool down
- 8 to 10 exercises that target all the major muscle groups
- sets of 8 to 12 reps
- two or three workouts per week.

AS YOU GET STRONGER AND FITTER, YOU COULD PROGRESS BY:

- adding a second and then a third set of the exercises
- increasing the weight or resistance and decrease the number of reps per set (where you can do at least 8 reps, but no more than 12)
- Increasing the weight but stay within the range of 8 to 12 reps.

PRACTICE GOOD TECHNIQUE

- 1 Unless an exercise professional gives you other instructions, lift weights to a three-second count. Pause for one second. Lower weights to a three-second count.
- 2 Breathe out as you lift; breathe in as you lower. Don't hold your breath.
- 3 Aim for two to three sets of 8 to 12 repetitions each.
- 4 Isolate muscles by trying to move only the muscles you're exercising. Don't rock or sway. Keep joints slightly bent rather than locked when you're extending the muscles.
- 5 Rest between sets to maintain good form.
- 6 If you injure yourself, remember **RICE** (rest, ice, compression, and elevation). Rest the injured muscle. Ice it for 20 to 30 minutes every two to three hours during the first 48 to 72 hours. Apply compression with an elastic bandage whenever you're out of bed until the swelling resolves. Elevate the injured area while resting or icing. **Call your GP for advice and information about managing pain or swelling. Wait until the injury heals before doing strength training on that muscle again, and start with a lower weight.**