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**ARE YOU STRONG ENOUGH**



### WHY DO YOU NEED STRENGTH?

- ▶ Immunity
- ▶ Function
- ▶ Lean Body Mass = Metabolic Health
- ▶ Aesthetics
- ▶ Confidence
- ▶ Perception of Self



### IMMUNITY

- ▶ Current research and exercise guidelines recommend the inclusion of resistance training for healthy people of all ages.
- ▶ Increased levels of physical activity, exercise training, and cardiorespiratory fitness have provided protection in the primary and secondary prevention of coronary heart disease (CHD).
- ▶ Resistance training has been shown to be effective in the prevention and therapy of many widespread diseases in Western civilizations including hypertension, coronary heart disease and diabetes.

### FUNCTION

- ▶ Study lead author, Doctor Yorgi Mayros, of the university of Sydney Australia, said: "What we found is that the improvement in cognition function was related to the muscle strength gains."
- ▶ Resistance training can decrease myocardial demands during daily activities such as playing with children, carrying out family tasks or lifting moderate to heavy objects.

### LEAN BODY MASS

- ▶ Resistance training exercises are considered the preferred approach to elicit muscular hypertrophy and strength in healthy adults.
- ▶ Resistance training has been shown to improve glucose tolerance as well as strength and lean body mass in subjects.
- ▶ Resting metabolic rate (RMR) increases as lean body mass increases, resulting in a steady state increase in total energy expenditure and a corresponding negative shift in energy balance.



# AESTHETICS



# CONFIDENCE & PERCEPTION OF SELF

- ▶ Resistance training can provide an effective method for improving muscular strength and endurance, preventing and managing a variety of chronic medical conditions, modifying coronary risk factors and enhancing psychosocial well being.
- ▶ Evidence suggests that involvement in regular exercise can also provide a number of psychological benefits related to preserved cognitive function, alleviation of depression symptoms and behaviors and an improved concept of personal control.
- ▶ Studies continue to support growing literature suggesting that strength training has beneficial effects across several physical and mental outcomes.

## STRENGTH MARKERS TO LIVE LONG AND PROSPER

- ▶ 20 rep max Goblet Squat - Goal is 100lbs
- ▶ Deadlift - Male: 1.5xBW & Female: 1xBW
- ▶ Supinated Chin Over Vertical Plane Hold - 60 seconds
- ▶ Side Plank - 90 seconds per side with 90 seconds rest between sides
- ▶ Rear Foot Elevated Split Squat @ 3010 Tempo - Male: 33% BW per hand & Females: 20% BW per hand



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