

STRENGTH TRAINING

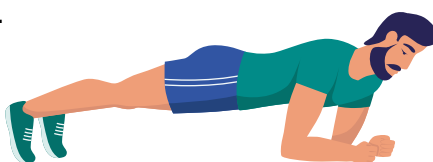
Besides your brain, your muscles are the most metabolically active cells in your body. The health, condition and bulk of your muscles determines how long you are going to live, whether you are likely to break a hip if you fall, and can even impact your risk of diseases like diabetes, cancer and dementia. One of the most powerful ways you can improve your health today and prevent health complications in the future is by doing strength training.

What Is Strength Training?

- Strength training (also called resistance training) involves exercises that make your muscles work against a force... Such as gravity, weights, resistance bands, or even your own body weight.
- It includes movements like squats, lunges, push-ups, and exercises using dumbbells or resistance machines.
- It builds muscle strength, endurance, and size by creating small muscle fibre tears.
- These micro-tears in muscle fibres trigger the repair process, rebuilding the muscle tissue with the help of amino acids, growth hormone, and other signals.
- Over time, this results in increased strength, muscle mass, and metabolic efficiency.

Health & Longevity Benefits of Strength Training

- Improves Metabolic Health
 - Increases insulin sensitivity and helps regulate blood sugar.
 - Encourages fat loss and preserves lean muscle mass.
- Supports Hormone Balance
 - Boosts growth hormone, testosterone, and other anabolic hormones (important for both men and women).
 - Reduces cortisol over time through improved stress resilience.
- Strengthens Bones and Joints
 - Weight-bearing resistance helps prevent osteoporosis and joint injury.
- Protects Against Age-Related Decline
 - Helps prevent sarcopenia (age-related muscle loss).
 - Improves mobility, balance, and independence as we get older.
- Improves Mental Health
 - Regular strength training is associated with reduced anxiety and depression.
 - Improves self-esteem, confidence, and brain function. Lower risk of dementia.
- Increases Longevity
 - Studies show stronger grip strength and muscle mass are linked to lower risk of death from all causes.



STRENGTH TRAINING

How to Safely Start Strength Training

- Start with bodyweight exercises if you're new. Get used to the movements with the proper form and gain confidence.
- Focus on good technique, not heavy weights.
- Begin with 2 sessions per week, gradually increasing as your strength and endurance improve.
- Allow at least 48 hours of rest between training the same muscle groups.
- Warm up with 5–10 minutes of light cardio + dynamic stretches.
- Finish with light stretching or foam rolling to aid recovery.

Tip: Listen to your body. Mild soreness is normal (DOMS), but sharp pain, persisting pain or weakness indicates possible sprain, strain or other type of injury.

How Often Should You Do Strength Training?

- Beginners: 2–3 days per week
- Intermediate/Advanced: 3–5 days per week, possibly split by muscle groups
- Goal: Train each major muscle group at least twice a week for optimal benefits.

Don't forget: Recovery is just as important as the workout. Your muscles grow during rest.

Bonus Tips for Success

- Progressive overload: Gradually increase the weight, reps, or intensity over time.
- Track your progress to stay motivated.
- Mix it up to avoid plateaus and keep things interesting.
- Fuel with protein post-workout to support muscle repair.
- Stay consistent – even small sessions done regularly have a big impact over time.



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Here's a sample Full-Body Beginner Strength Training Program for you to try at home.

- Suggested Frequency: 2–3x/week
- Sets: 2–3 sets per exercise
- Reps: 8–12 reps (The aim is for the last reps to feel challenging but doable)

Start with 1 round. Work up to 2–3 rounds as your fitness and stamina improves.

MUSCLE GROUP	EXERCISE	EQUIPMENT
LEGS	BOYWEIGHT SQUATS WALL-SITS	NONE
GLUTES	GLUTE BRIDGES STEP-UPS	MAT STEP OR LOW PLATFORM
CHEST	WALL OR INCLINE PUSH-UPS	NONE
BACK	BENT-OVER ROWS	DUMB-BELLS OR RESISTANCE BANDS
CORE	DEAD BUGS / PLANKS	MAT
SHOULDERS	OVERHEAD PRESS	DUMBBELLS OR RESISTANCE BANDS
ARMS	BICEPS CURLS TRICEPS DIPS	DUMBBELLS OR RESISTANCE BANDS STURDY CHAIR