

## The Importance of Strength Training

Thank you for taking the time to download this free article, it is the first step in your journey into a longer, healthier and STRONGER life!

We all hear about the importance of exercise, especially as we get older. Maybe we have graduated school and now work in an office, or maybe we used to exercise frequently and life has put that on the back burner. Regardless of the reason why we haven't been able to make health and fitness a priority in our life, as we get older it becomes increasingly more important for us to make sure we include some form of exercise in our daily routines. My goal for this article is to explain why strength training with weights, under proper supervision, can be the most effective and rewarding experiences for your long-term health and fitness goals!

When we think about strength training, we think about a bunch of muscle-bound gym rats slamming weights to the floor with reckless abandon. We need to realize that strength training isn't reserved for people with bulging muscles and hours to dedicate to a training session. Training with weights is for everyone!



Inactive adults can expect to lose anywhere from 3%-8% of muscle mass per decade of life<sup>i</sup>. According to some studies, ten weeks of resistance training may increase lean weight by 1.4 kg, increase resting metabolic rate by 7%, and reduce fat weight by 1.8 kg. Not only that but resistance training can be effective for reducing low back pain and easing discomfort associated with arthritis and fibromyalgia and has been shown to reverse specific aging factors in skeletal muscle.



So how do we execute a proper resistance training program? Most working adults do not have hours in the day to dedicate to working out in the gym. What if I told you that you could prevent muscle loss, gain extra muscle, lose fat and also reduce pain in as little as 3 hours a week? That's right! A proper resistance training program that can help manage pain, weight gain, muscle loss and bone density can be accomplished in one-hour sessions 3 times a week! But what if you have limited experience or no experience at all with strength training? You're in luck!

At Eastbound Powerlifting we have our very successful **Power Up** program that is designed to teach you how to properly execute the movements that will quickly, effectively and most important **SAFELY** get you on your way to a life of health, fitness and strength! We focus on large muscle groups and multi joint exercises to get you in and out of the gym and on with your life! Please book a free 30-minute consultation by clicking the link [HERE!](#) I look forward to helping you achieve a life time of strength!



Robert Cilia

Owner/Head Coach

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<sup>i</sup> <https://insights.ovid.com/crossref?an=00149619-201207000-00013>