

Resistance Training

Since the 1970's resistance or weight training has been a bad word for most moms. Anytime the topic of exercise comes up an automatic aversion to resistance training drives mom's everywhere to do any other form of exercise. Is it perhaps the thought that muscle bound men and women is not attractive to most women? If this is how you feel then please give me a moment to shed some light on what really happens when the body is exposed to weight training. My hope is to reveal why resistance training should be the first thought when moms think about exercising.

Resistance training does build muscle. Yes, I agree and will not deny the fact that resistance training can build muscle. The catch is in the *how* resistance training builds muscle. When a bodybuilder wants to build muscle she will lift moderately heavy weights as many times as she can to force the muscles to change. It is how she completes the amount of work that causes her to gain muscle. If she were to lift heavy weight and only do it a few times, she would not gain the amount of muscle needed to compete as a bodybuilder. The bodybuilder also has to keep activity outside the gym as low as possible. This low activity allows her muscles to rest and grow.

Like many misunderstood subjects in life, resistance training has been exclusively associated with bodybuilders or bulkily built athletes. The reality of weight training is it can be used to do many things other than build muscle size. The number one reason moms and all women should resistance train is to create stronger bones. Humans have an amazing ability to build new bone just by stress, especially weight stress. Every time I see a commercial with moms talking about fragile bones I think "lift weights". In all fairness, there are conditions like menopause that cause the body to lose bone density in spite of resistance training. However, the majority of people who experience bone loss is due to lack of activity not a disease. So, what type of weight training is good for building bone density? Actually, a better question would be, when would I start weight training? Teenage years are the prime time to start building bone density that will last the rest of your life. Illustrating the type of lifting is quite easy, and it requires far less volume than traditional exercise. Resistance training for bone density will involve asking the body to lift a great load just a few times. For example, if a 120lbs mom were to grasp onto a chin up bar and pull herself up off of the ground once a day, every day, using just her arms, she would be doing bone building work. What could be more simple than that? However, bone building is not the only thing weight training is good for, oh no.

The next great benefit of resistance training is endurance, the endurance to do more. The type of endurance I am referring to is trudging up the stairs for the fifth time this morning. The endurance that will help mom's push a stroller up that long, slow hill. This type of training is very similar to the previous form of resistance training, lifting a weight lighter than body weight and lifting it just a few more times. The real secret is in the

recovery, or rather teaching your body to recover quicker and quicker. Example: Have you ever climbed a flight of stairs and at the top found yourself out of breath? Well, if you were to climb that set of stairs, walk back down and wait only until you stop breathing hard and re-climb the stairs, your body would be learning how to recover from the climb more quickly. Or, you could do five body weight squats as fast as you can, rest until your breathing came down and repeat and your endurance would quickly build.

Although this type of weight training does require a lot more effort than only going for a jog, it also requires less time. The affects of resistance on the body are profound and long lasting. If for no other reason than bone building and muscular endurance, moms and kids around the world should incorporate weight training into their weekly exercise regimen.

Bringing Health and Fitness to the whole Family!

Jason

About the Author:

Jason Roberson holds a Masters Degree in Physical Education/Exercise Science. He is also a Certified Strength and Conditioning Coach working at a Division I University as a Head Strength and Conditioning Coach. He brings an extensive athletic and personal training background. Jason is immersed in the Health and Fitness world on a daily basis and is consistently taking continuing education to stay updated on the most current information in the field.