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A shirtless, muscular man stands in the center of the frame, looking directly at the camera with a serious expression. He is surrounded by a thick, ethereal mist or smoke that fills the air. The lighting is dramatic, with a strong purple and blue color palette, creating a moody and intense atmosphere. The man's physique is well-defined, showing his chest, arms, and torso.

BENEFITS OF:

SUSTAINABLE STRENGTH TRAINING

DARE.

Weight training really is one of the most superior methods of exercise as it improves so many different areas of one's health. From increasing muscle mass, reducing body fat and firing up metabolism to decreasing chances of cardiovascular disease and improving bone density weight training really is the king when it comes to increased health and quality of life. Did you know that the stronger you are, the healthier you will be as you age? Yes, that's right, one of the best biggest predictors of longevity and aging well is how strong you are. If you are strong then you probably have lots of lean muscle, strong connective tissue, a good dense skeleton and the motor control to recruit all these things. If all those things are working well, the rest of your systems are probably working well too.



Below is a list of the top nine benefits of weight training;



1) BETTER BODY COMPOSITION

It's no secret the best-looking bodies are sculpted under a barbell. Consistent and regular weight training will not only build that beautiful hard-earned muscle but also burn body fat as well giving you that lean-looking physique. Building muscle does wonders for increasing metabolic rate. Muscle is metabolically active meaning the act of maintaining muscle and keeping it on the body is hard work. This process enables us to burn more calories at rest, so we turn into fat-burning machines. It also increases EPOC (excess post-oxygen consumption) which is the rising oxygen consumption and metabolism as the body recovers, repairs and returns to its pre-exercise state. This can happen for up to 24 hours, according to some sources.

2) INCREASED STRENGTH

Perhaps one of the most obvious benefits of weight training is the huge strength increases. People who weight train no doubt have a better quality of life enabling them to run, jump, push, pull and carry objects more efficiently and effectively. It allows us to carry out daily tasks much easier such as carrying heavy groceries, performing hard labour or playing with the kids. It also helps improve athletic performance in sports that require speed, power and strength.

3) IMPROVES BONE DENSITY

As mentioned earlier strength training is one of the most significant indicators of ageing well. Weight training has been shown to increase bone density and improve bone health. During weight training, our muscles and tendons apply pressure to our bones, which stimulates the bones to produce more bone tissue as a result bones become stronger and denser reducing the risk of osteopenia, osteoporosis and fractures. Therefore people of all ages especially the elderly should be weight training.

4) BOOSTS MOOD & IMPROVES BRAIN HEALTH

Weight training boosts your mood and improves your mental health. By releasing feel-good hormones and endorphins during and post-training, people who lift weights see benefits to their overall mood, self-confidence and self-esteem. People who engage in regular weight training also have better brain health and protection against cognitive decline. Other benefits include improved memory and learning capabilities.

5) IT'S GOOD FOR YOUR HEART

It has been shown that regular resistance training can reduce the risk of developing heart attack, stroke, or death-related heart diseases compared with individuals whom did no strength training. Studies have also shown that increased cardiac output correlated with strength training helped control and lower a person's blood pressure.

6) ENABLES BETTER SLEEP

It has been shown that regular strength training can improve the quality of your sleep. This is because weight training produces a molecule called adenosine which leads to drowsiness. Additionally, weight training reduces stress and anxiety, making it easier to fall and stay asleep.

7) PREVENTS DISEASES LIKE CANCER AND DIABETES

Strength training has a dramatic effect on blood sugar regulation and insulin health which is vital in the prevention of diabetes. It has also been shown to correlate with a lower risk of several cancers in particular breast and colon cancer.

8) IMPROVED SPORTS PERFORMANCE

Strength training has been shown to improve athletic performance in sports that require speed, power and strength. It is common practice for athletes to incorporate a resistance training program to supplement their own individual or team-based training. Building lean muscle mass contributes to increased agility, quickness and power. It also strengthens bones, tendons and connective tissue helping athletes become more resistant to injuries.

9) ITS ANTI-AGEING

Yes that's right, strength training can make you look younger and could shave years off your face. Training has been shown to increase the production of growth hormone and collagen which both play a role in strengthening skin, as well as elasticity and hydration. By increasing your heart rate and blood flow more oxygen, vitamins and nutrients are delivered to the skin cells throughout your face and body.

Another reason strength training is good for your skin is the reduction of stress hormones that is minimised while training. Stress can cause blood vessels to constrict and impair healing. When you work out you counteract this.

As you can see there are so many benefits to regular weight training. The quicker you can get started the better. Like anything, it's important to learn the craft of how to lift correctly. I recommend hiring a competent coach someone who focuses on perfect form and execution. By being consistent and enjoying the process you will see significant progress in not only your strength and physique but also your health as a whole.

Luke Walker

Dare Head Coach



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service@darestudio.com.au
277-279 Centre Rd, Bentleigh VIC 3204