

NO PAIN, NO GAIN

Why you shouldn't resist resistance training

Don't let the phrase "resistance training" fool you! Resistance training does not mean that one is against training or exercise. In fact, it pertains to creating resistance from an outside force that can make the muscles contract! Dumbbells, a bottle of water or two, and even your body weight are examples of those outside forces that can provide enough resistance for your muscles to increase mass, improve tone, or help with your endurance. Why is resistance training important? Well, time to get up and start counting reps



SKINVESTING
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as we discuss the ways resistance training is beneficial for your health.

"It's hard..." "It makes me uncomfortable..." "It's definitely tiring!" That's common, mostly among individuals trying out resistance training for the first time, or among those going back to exercising after a while. What makes resistance training hard, difficult, or painful is the tears that external forces, such as lifting weights, create on muscle cells called catabolism, that will allow the muscles to repair itself, regenerate cells, and become stronger, a process called anabolism.

In the ancient times, people are used to hard labor, such as hunting and building houses. Fast forward to today, much of our daily tasks can be done by machines, with minimal or even without physical energy required. Currently, as high as one out of four individuals globally are physically inactive, according to the World Health Organization (WHO). And as you all know, this sedentary lifestyle poses a great health risk, so

much so that it can impact your body negatively and in more ways than one, from increasing anxiety symptoms, having a higher risk for colon, endometrial, and lung cancer, causing a spike in your blood sugar, it may make you gain weight, it may also lead to libido problems, and so much more.

There are different types of resistance training, such as body weight exercises, weight training, resistance bands, and circuit training. Regardless of type, resistance training can provide the following benefits:

- 1. Become stronger.** Because resistance training can strengthen and tone muscles, you can lift heavier loads, protect joints from injury, and build stamina. It also lowers the risk of osteoporosis (weak bones) and sarcopenia (loss of muscle mass and function).
- 2. Fight aging.** Muscle mass declines with age, more so after 40 years old, making one weaker, more frail, and less independent through the years. Resistance training can delay this onset by increasing or maintaining one's muscle mass.
- 3. Improve metabolic rate.** This is essential in keeping your body weight as more muscle means you also burn more calories while at rest.
- 4. Less prone to sickness.** As resistance training can fight inflammation, reduce stress, and build a stronger immune system.

5. Better overall health. Lifting weights may lower the risk of heart disease, blood pressure, and blood sugar levels.

6. Good posture and balance. Exercise can correct and improve your posture that can alleviate discomfort and pressure from a misalignment or improper body form.

7. Higher self-esteem. Aside from feel-good hormones that exercise brings, as you see physical results you start to feel better about yourself, as well

On average, it is required to have 2.5 hours of moderate exercise per week or 75 minutes of intense exercise, stretched to an interval of every two to three days. In terms of repetition, eight to 12 reps and three to four sets on average is ideal, provided that you are using the correct weights and are doing it in correct form, with 90 to 120 seconds of rest in between.

Understandably, some may not have the time to do this, and some are already past their prime, but doctors say that it is never too late to start resistance training. Even if you start later on, start small and light, or even just cram it in the weekends, its health benefits far outweigh those that do not exercise at all. According to research at Loughborough University in England, individuals who squeezed their workouts during weekends are 30 percent less to die from poor health causes, had 40 percent lower risk of heart disease, and 18 percent lower risk of cancer.

A little caveat. Weekend exercising creates a higher risk of joint and muscle injury from a sudden exertion than a gradual one, which is why it is still recommended to spread your workouts to several days a week. Before you begin any exercise, always consult your physician so he can recommend the type of training, duration, variety, and frequency that is suitable to your age, weight, and lifestyle to avoid injury and maximize health benefits. So what are you waiting for? Stop resisting good health and start resistance training!

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