

## The Benefits of Weight Training incorporated into your personal exercise routine

There are many physiological benefits to including some form of resistance or weight training to your personal exercise routine. Some men and women still resist the idea of weight training fearing it will bulk them up or not burn as many calories, or not assist in fat or weight loss. This is far from the truth.

One significant benefit of weight training is an increase in the basal metabolic rate (BMR). BMR is the energy or calories our body burns at rest to maintain normal body function. By increasing lean muscle mass in a weight training program we increase our BMR. An increase in your BMR means that your body is better able to use food we consume as energy, so less gets stored as body fat. This means that even when at rest, your body is consuming more energy or burning more calories if you increase your lean muscle mass. Weight training is essential in increasing that lean muscle mass in a way that walking or running or other cardiovascular alone programs would.

Weight training not only increases muscle strength, but can potentially increase bone strength. Bones respond to weight bearing and weight training as well. The bones become stronger and denser.

Weight training can increase strength without making you bulk up. Increased strength can help with everyday tasks like housework and yard work. Increased muscle strength can help protect your joints and potentially decrease your risk of injury.

Weight training can help make you feel strong and fit with more energy.

Weight training doesn't get boring. There are many different resistance exercises you can incorporate into your workout to make for much variety and keep you interested and committed to your fitness program.

The benefits of weight training incorporated into your personal exercise routine are numerous. If you would like to have your percentage body fat and lean muscle mass calculated along with an estimated BMR or are interested in a personalized and goal oriented fitness program established for your needs you can contact Centerpointe Chiropractic and Physical Therapy located at 4085 North Jefferson Street, Medina, OH 44256 at 330-723-2225

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