



One-On-One with Jason Greene **Why are you resisting, resistance?**

It is hard for me to believe that I am writing an article in 2011, whose sole purpose is to convince you of the benefits of resistance training, but here we are and here I go...again.

When you mention exercise to most people, the first thing they envision is jogging, riding a bike or maybe even just taking a walk. All of these things are fine and good, but they are missing one key ingredient and that is progressive resistance training.

Strength training is usually associated with jocks, but the benefits for men and women of all ages is undeniable and is a crucial component of any overall health and fitness program.

You can achieve results using anything that will allow you to progressively overload your muscles: barbells, dumbbells, resistance exercise machines, kettle bells, resistance bands, even bodyweight exercises such as pull ups and push ups can do the trick.

Most people understand that resistance training tones and builds muscles, which improves your appearance, but here are a few benefits of strength training you may not know about:

Develop strong bones. When you perform a weight lifting movement you are not only stressing your muscle you are also stressing your bones. Strength training increases bone density and reduces the risk of osteoporosis. This is one of the reasons progressive resistance training is so important for women.

Burn more calories, even at rest! As you gain muscle, your body gains a bigger "engine" to burn calories more efficiently, which results in weight loss. The more toned your muscles, the easier it is to control your weight.

Reduce risk of injury. Building muscle helps protect your joints from injury. Stronger muscles also contribute to better balance, which can help you maintain mobility and independence as you age.

Boost your stamina. As your muscles become stronger, you won't fatigue as easily. In fact, you can train specifically to gain muscular endurance which will allow you to not only go stronger, but longer as well.

Manage or even correct chronic health conditions. Strength training can reduce the signs and symptoms of many chronic conditions, including arthritis, back pain, depression, diabetes, obesity and osteoporosis to name a few.

Sharpen your focus. Research suggests that regular strength training helps improve attention and mental focus in older adults. In fact, one study showed a marked improvement in cognitive skills with as little as one strength training session per week.

So, I have to ask the big question. When you have this much to gain and nothing to lose, but fat, injuries, low endurance, bad health, and a foggy brain, why are you resisting, resistance training?

For more advice from Jason Greene in writing and video format go to 

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