

## FAST FACTS

# Strength and conditioning

## *Muscle mass for life*

**Strength is the ability to lift, move, push or manoeuvre something heavy. Conditioning is your body's ability to move well through the world - not just with strength, but with range of movement as well as endurance.**

Here are some of the primary benefits of strength and conditioning training:

### 1. Improved Muscle Strength and Mass

Regular strength training can lead to increased muscle fibre size and muscle contractile strength. This increase in muscle can also boost resting metabolic rate, aiding in weight management

### 2. Enhanced Bone Density

Resistance exercises stimulate bone formation and increase bone mineral density

### 3. Increased Metabolism

As muscle mass increases, resting metabolic rate can also increase, leading to more efficient calorie burning throughout the day

### 4. Improved Body Composition

Strength and conditioning training can reduce body fat percentage and increase lean muscle mass, leading to better overall body composition

### 5. Reduced Risk of Injury

Properly structured strength and conditioning programs can bolster the strength of tendons, ligaments, and muscles, reducing the likelihood of sports and activity-related injuries

### 6. Improved Balance and Stability:

Many strength exercises, especially those that engage the core and utilize free weights or stability equipment, can help improve balance and stability, reducing the risk of falls

### 7. Improved Cardiovascular Health:

While traditionally associated with aerobic exercises, resistance training can also benefit cardiovascular health by reducing resting blood pressure, improving cholesterol levels, and enhancing blood flow



## How often to train will depend on your goals

The way you strength train will also depend on goals. Sets, reps and loads will vary depending on whether your goal is hypertrophy or maintenance. Moving well with correct technique is critical to prevent injuries as well as ensure body mechanics and alignment are right. For this reason, finding an expert trainer is valuable.

If you are looking for a trainer, don't just look for someone who has a good 'gym bod'. Listen to how they guide a training session. Have they done a full postural assessment? Are they making minute corrections to your form? Do they encourage active recovery and rest days? Do they recommend quality nutrition, rest and sleep? Are they aware of your full history of injuries?