

What does Strength training do for me ?- Strength training is a key component of overall health and fitness for everyone. Your body fat percentage will increase over time if you don't do anything to replace the lean muscle you lose, It happens slowly once you're over 30, and affects everyone. But, if you're a woman you may be more at risk, because of your hormones. If you've gone through the **menopause**, you will have less oestrogen (a hormone produced by your ovaries). This can reduce your bone density and increase muscle loss.

If you lose bone density, you may have a greater chance of getting health conditions, such as **osteoporosis** and **bone fractures**. Luckily, exercise, and in particular strength training, can help to keep your bones strong. which can reduce your risk of injury

Strength training may also help you:

- **Manage your weight.** Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories.
- **Enhance your quality of life.** Strength training may enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury. Building muscle also can contribute to better balance and may reduce your risk of falls. This can help you maintain independence as you age.
- **Manage chronic conditions.** Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes. Some studies have shown that just one hour of weightlifting per week can reduce your risk of having a **heart attack** or **stroke** as you get older. This may be because strength training can help to reduce your blood pressure and might lower your risk of **obesity** too.
- **Sharpen your thinking skills and improve mental health.** You can gain mental health benefits from all kinds of physical exercise. It doesn't have to be cardio-based. Strength

training can give you a boost of feel good hormones. And if you do strength exercise regularly, it may help to improve your self-esteem and confidence too. You may also feel more positive about your body image and feel more empowered in your daily life. Strength training has also been linked to a reduction in aches, pains and poor posture – all of which can worsen your mood.

Strength training can be done at home or in the gym. Common choices may include:

- **Body weight.** You can do many exercises with little or no equipment. Try pushups, pullups, planks, lunges and squats.
- **Resistance bands.** Resistance bands are an inexpensive, lightweight band that provide resistance when stretched. You can choose from many types of resistance bands found in nearly any sporting goods shops or online.
- **Free weights.** Barbells and dumbbells are classic strength training tools. If you don't have weights at home, you can use soup cans. Other options can include using medicine balls or kettle bells.
- **Weight machines.** Most fitness centres offer various resistance machines. You can invest in weight machines for use at home, too.
- **Cable suspension training.** Cable suspension training is another option to try. In cable suspension training, you suspend part of your body — such as your legs — while doing body weight training such as pushups or planks.

I am not losing weight despite lots of cardio ?

This is a tricky one as there is not one direct answer but there are a few things at play, that could be contributing to the lack of weight loss. A lack of **sleep** can harm your health and impede weight loss since it can lead to **overeating**, research shows- **Stress** can prevent weight loss because cortisol, the stress hormone, may lead the body to preserve weight, especially around your waist. High stress exhausts the nervous system and prevents basic functions, like digesting food and burning fat. Some experts argue that cardio is not an effective strategy for weight loss because they say it's too hard to burn a lot of calories. They add that some people might compensate by increasing food intake after cardio, canceling out the benefit. They argue that it's easier to cut back your food intake. There's no doubt that combining nutrition and training is crucial for healthy fat loss because without weight training, a lot of bad things happen during caloric restriction. The million pound question is, how much cardio should you do? Your metabolism can decrease from doing too much cardio. This is called "adaptive thermogenesis." Most people think this only happens from starvation dieting (thus the frequent term "starvation response"), but research suggests that if you go overboard on the cardio, that can also trigger a similar adaptive response. The recommended amount of weekly cardiovascular exercise for adults is: 150–300 minutes at moderate intensity or 75–150 minutes at vigorous intensity. A key thing to remember is that cardio isn't just hopping on a gym cardio machine for 30 minutes or going for a run. Anything that gets your heart rate up and keeps it there counts as cardio such as hiking,

walking, climbing, team sports ,skipping dancing , gardening , water sports , cycling interspersed with weight training will contribute to a sustainable weight loss journey

How can Breathing exercises help me ?Breathing exercises can help you relax, manage stress, and improve your breathing making your lungs more efficient this leads to.

- lowered blood pressure and heart rate.
- reduced levels of stress hormones in the blood.
- reduced lactic acid build-up in muscle tissue.
- balanced levels of oxygen and carbon dioxide in the blood.
- improved immune system functioning.
- increased physical energy.
- increased feelings of calm and wellbeing.

Will Strength training make me bulky ?

Many people enjoy the benefits of looking and feeling stronger. But, there are some common misconceptions about strength training for women. For example, you might be worried that it will make you develop more muscles than you want. But, for many women, it is actually quite hard to build muscle. Unless you spend lots of time in the gym lifting heavy weights over a long period of time, strength training will usually lead to a slight muscle definition. This is often referred to as 'toning up'.

Strength training can affect men differently. They may form new muscle mass more easily because of increased testosterone. One of the biggest misconceptions with weight training is that women should lift lighter weights to “tone” and avoid “bulking up”. Men and women should be using bigger weights, proper form and a clean diet to optimize results.

Women will not bulk up like men, because they have a different hormone profile. Men have more testosterone, which promotes muscle growth. For women, both fortunately and unfortunately, their hormone profile allows them to tone without getting bulky, but also deters them from losing all the fat they may desire as easily as men. A good diet with a 200-300 calorie deficit will promote this wanted fat loss for them.

Is once a week enough

Whether your goal is to **gain muscle, build endurance, lose weight** or improve your overall health and wellness, chances are you want to lock in a **sustainable workout plan**. You also want to set yourself up for success with enough challenging sweats and time for your body to recover. Striking that balance may seem tricky, If you're aiming for weight loss you can sustain long-term, **three or four days per week gives you enough flexibility that you can stay on track week after week and month after month**. In many cases, **healthy, sustainable weight loss** is best achieved through a combination of exercise and both **nutrition** and behaviour changes.