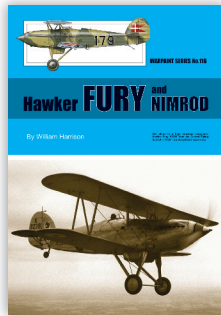


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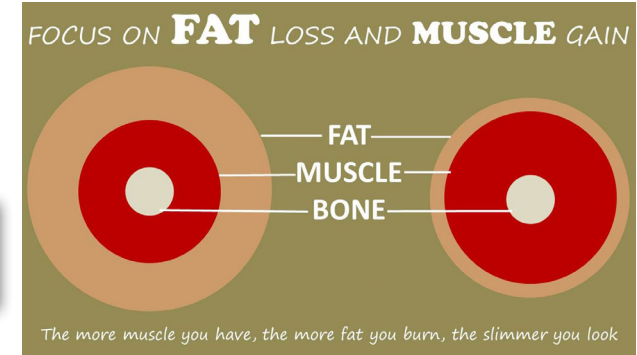
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Strength training for weight loss

Part 1 of MK personal trainer and nutritional advisor **Joana Todor Back's** two-part column on strength training. Read part 2 in next month's mag!



STUDIO 44
JOANA TRAINING



I am very passionate about strength training as I consider it to be my world. Because of this, I made sure that I qualified with the best and I became a PICP Charles Poliquine strength and conditioning coach over 10 years ago.

There are so many areas of strength training but let's start at the beginning and talk about what strength training is, and the benefits of it.

Strength training is a type of physical exercise that uses weight/resistance to induce muscular contraction which builds overall body strength, anaerobic endurance and increases size of skeletal muscle

The main 12 benefits of resistance training are that it: 1- Boosts metabolic rate, 2- Improves overall body functions, 3- Helps prevent/manage major sickness like diabetes, heart disease, high/low blood pressure, coronary heart diseases, mental health, 4- Increases bone mineral density, 5- Reverses Ageing

Factors by increasing life span, 6- Increases cardiovascular health, 7- Reduces Cancer Risks, 8- Builds lean muscle, 9- Elevates Body Imagine, 10- Fights obesity, 11- Optimises hormones, 12- Reduces body fat.

I would like to focus on the weight loss side of the spectrum, which covers all of the benefits above.

If we have a body which is pleasing to look at, with more muscle than fat, which looks younger and more defined, then automatically our metabolism will be high and all the risks of having any major issues are lower.

I like to call this TRAINING for HEALTH. Now the question is... how do we train for health?

The best way to train for health is to combine resistance training with a good flexible diet and also perform CV or cardiovascular training.

From past experience and working closely with

numerous type of clients with very different individual goals, here are a few points that will hopefully help you get started:

- 1) Look at your Monday to Sunday diary and block out training slots that would work with your schedule and COMMIT to them.
 - 2) Perform 2 to 3 resistance training workouts a week depending on your abilities.
 - 3) Perform 1 HITT training session a week.
 - 4) Perform 1 Endurance CV session a week.
 - 5) Cook food at home and keep track of all the meals you consume.
 - 6) Cook two portions of food in the evening – one for that specific night and one to have the next day for lunch.
 - 7) Consume on average 2 litres of water during the day.
- Please email me on the address below if you would like me to send you a FREE full-body recomposition programme to use yourself, or if you would like more info.

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