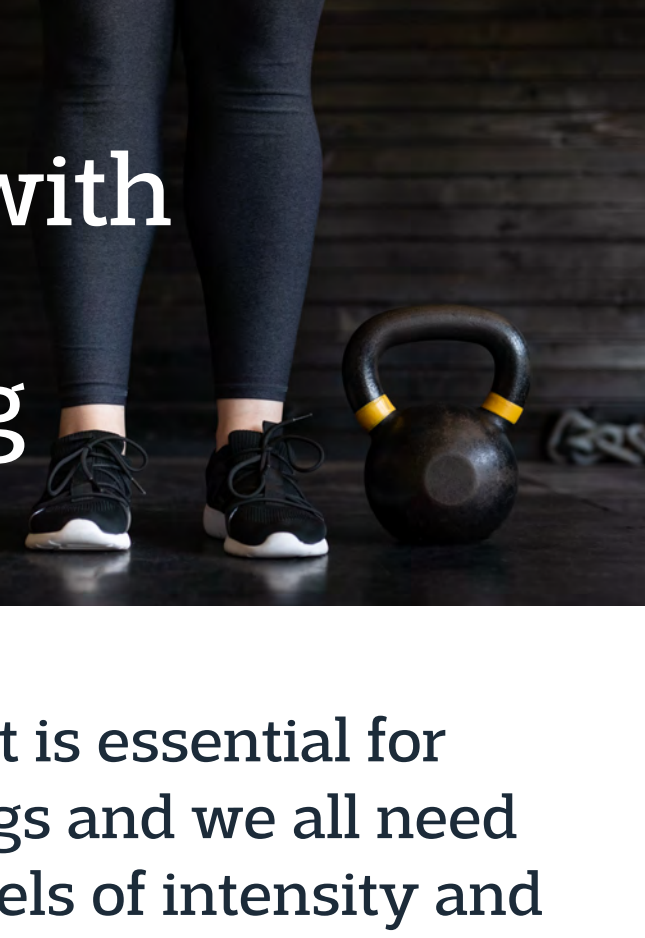


Stay in shape with weight training

Michelle Owen



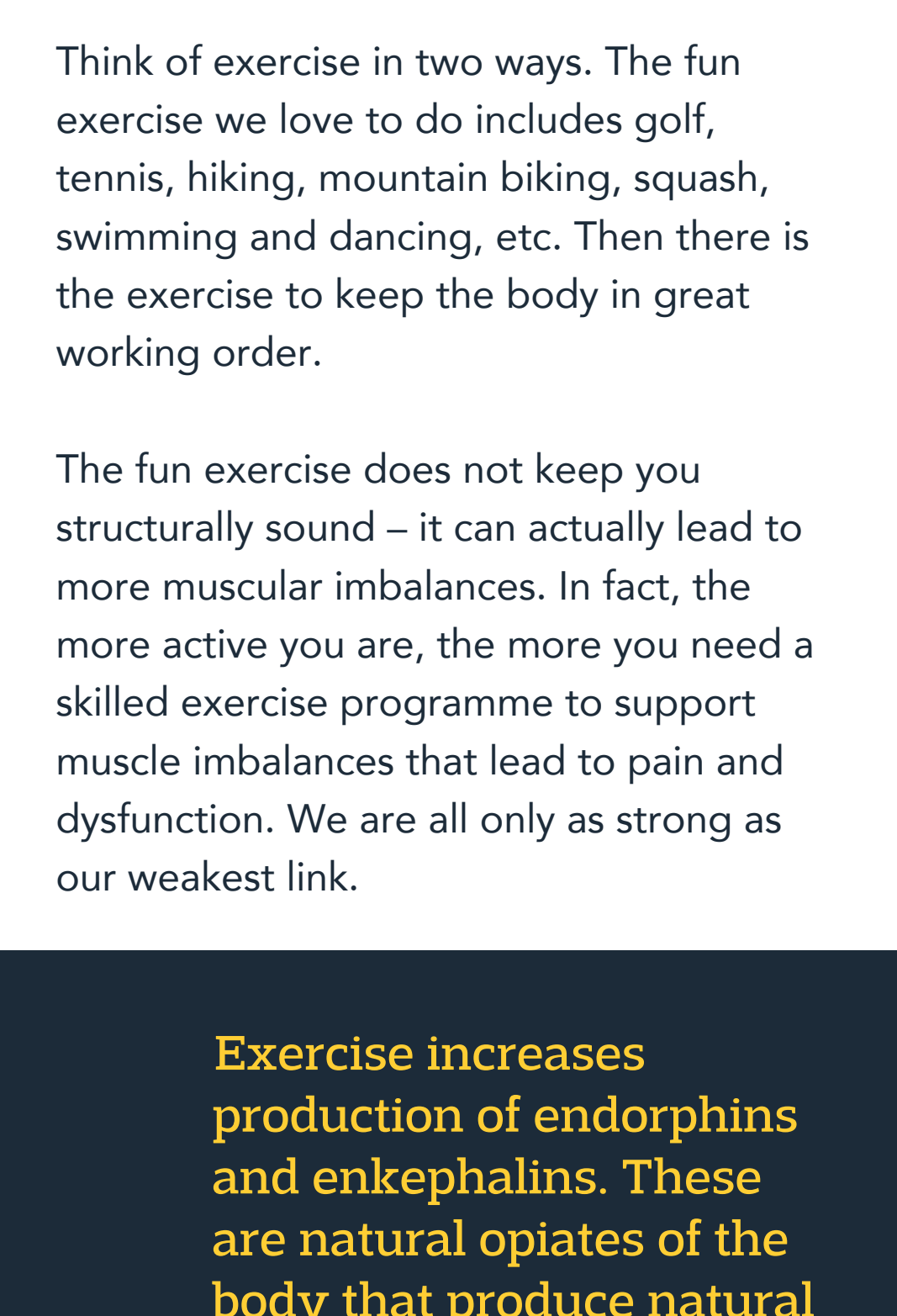
Movement is essential for human beings and we all need different levels of intensity and variety.

If you are fit and healthy, more challenging workouts can be beneficial. If you are unwell and unfit, movement may involve just gentle stretching, mobility and a focus on breath that creates energy in the body. Examples of these are Tai Chi, Qui gong, joint mobilisations and zone exercises. It all depends on your ability to recover and repair from exercise.

Exercise stimulates the activity of fat burning enzymes for the manufacture of constantly needed energy for muscle activity.

Weight training is one of the most rewarding exercises, if done correctly and skilfully. You can not only create great shape and tone but also sustain or add to your muscle base, which speeds your metabolism, strengthens joints, sustains the spine and organs, and is anti-ageing. A quality weight-training programme raises the heart rate, decreases body fat also corrects postural/structural imbalances.

When selecting an exercise method, consider its lifetime value – one that breaks you down and makes you a cripple in the days to come may not be beneficial for the big picture. Exercise should not be painful – pain is a warning sign that something is not right.



Think of exercise in two ways. The fun exercise we love to do includes golf, tennis, hiking, mountain biking, squash, swimming and dancing, etc. Then there is the exercise to keep the body in great working order.

The fun exercise does not keep you structurally sound – it can actually lead to more muscular imbalances. In fact, the more active you are, the more you need a skilled exercise programme to support muscle imbalances that lead to pain and dysfunction. We are all only as strong as our weakest link.

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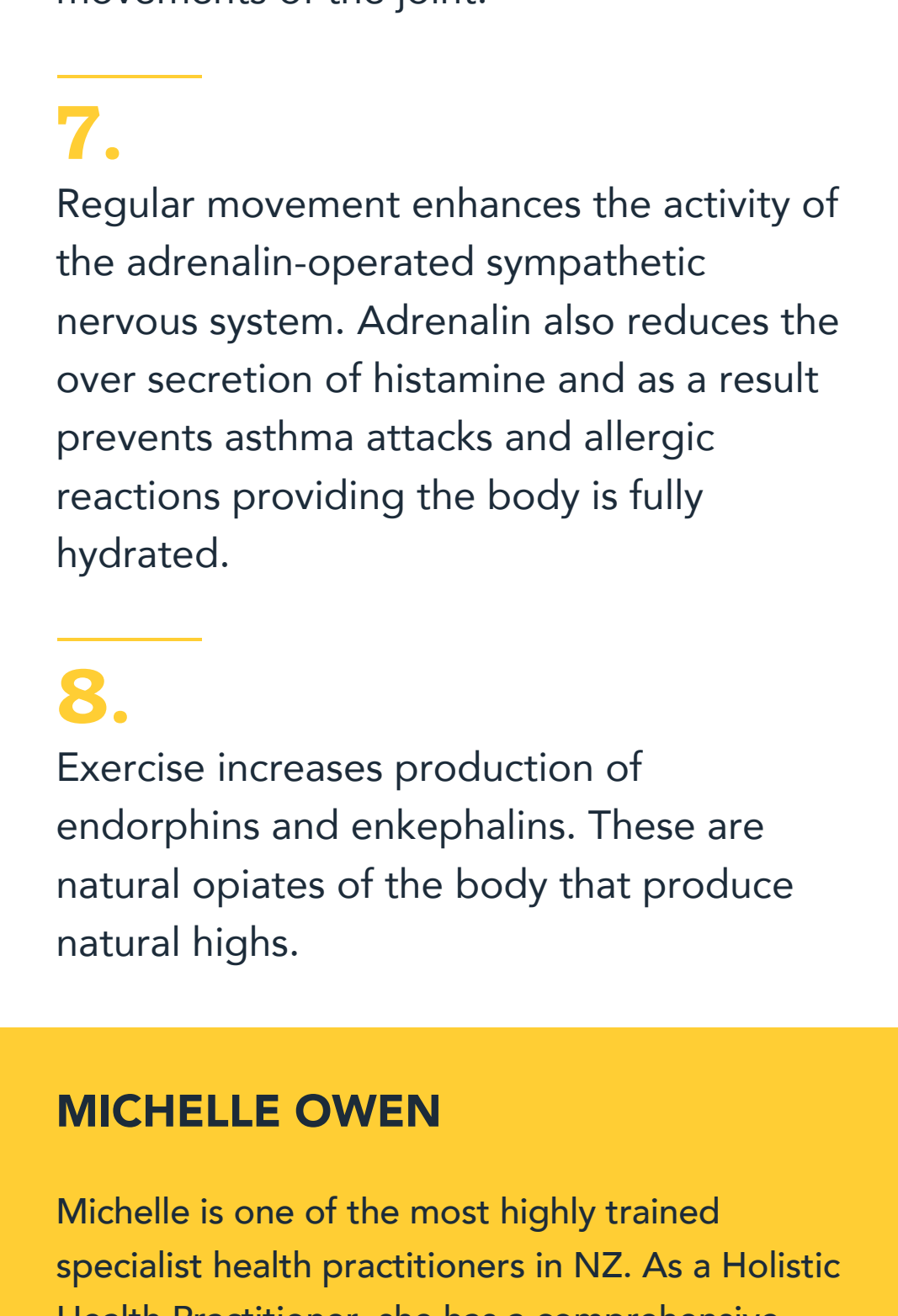
8 Medical benefits of exercise

1. Exercise opens the capillaries in the muscle tissue and by lowering the resistance to blood flow in the arterial system causes the blood pressure to drop to normal.

2. Staying active builds up muscle mass and prevents muscles being broken down as fuel.

3. Exercise stimulates the activity of fat burning enzymes for the manufacture of constantly needed energy for muscle activity.

4. Working out regularly makes your muscles hold more water in reserve and prevents increased concentration of blood that would otherwise damage the lining of the blood vessel walls.



5. When you exercise, you compel your liver to manufacture sugar from the fat that it stores or the fat that is circulating within the blood.

6. Exercise causes mobility within the joints of the body. It causes the creation of an intermittent vacuum inside the joint cavity. The force of the vacuum causes suction of water into the cavity. Water in the joint cavity brings dissolved nutrients to the cells inside the cartilage. Increased water to the cartilage adds to its lubrication and smoother bone on bone gliding movements of the joint.

7. Regular movement enhances the activity of the adrenalin-operated sympathetic nervous system. Adrenalin also reduces the over secretion of histamine and as a result prevents asthma attacks and allergic reactions providing the body is fully hydrated.

8. Exercise increases production of endorphins and enkephalins. These are natural opiates of the body that produce natural highs.

MICHELLE OWEN

Michelle is one of the most highly trained specialist health practitioners in NZ. As a Holistic Health Practitioner, she has a comprehensive professional background of 25 + years in the health industry, especially as a C.H.E.K. practitioner.

C.H.E.K practitioners (Corrective Holistic Exercise Kinesiologist) understand that the body is a system of many complex inter-related systems that all affect each other. They are highly skilled in human biomechanics, orthopedic rehabilitation, sports performance and optimal Health and well being.

As a speaker, Michelle exudes passion and excitement. She is strong in her beliefs and has the ability to present this complex topic in a manner that dispels myths and leave audiences with simple and practical information that, without any gadgets or special foods can be applied immediately. Michelle works with a large number of organisations helping them manage stress, build resilience and address postural issues that reduce productivity. She is also a regular presenter at Get NZ Active's yearly conference for health and exercise professionals.