



The Dynamic Wellness Challenge™ Series

WEEK 2 – STRENGTH TRAINING



Greetings!

Welcome to Week 2 of the Dynamic Wellness Challenge™ Sneak Peek.

This week's challenge is designed to encourage you to add strength training to your exercise routine or build on what you are already doing.

THE Anti-Aging Exercise

Strength training doesn't just burn calories and fat -- it is also the best anti-aging medicine!

Three main components of physical aging are loss of lean muscle, weight gain, and loss of bone density or "tensile strength". If we are sedentary, these aging processes can begin as early as in our twenties.

Strength training truly can be our fountain of youth. At any age, it can help stop, or even reverse, muscle and bone loss. It also helps us keep our metabolism high, avoid weight gain, and reduce the risk of osteoporosis and other chronic diseases.

Strength training offers numerous benefits for people of all ages and doesn't have to be complicated or difficult.

It's For Everyone

One of the best things about strength training is that it creates lean muscle, which burns more calories than fat does. This means that if we can add just a few extra pounds of muscle to our bodies, we will burn many more calories every day – even when we aren't exercising!

A common myth is that strength training is mainly for bodybuilders. The truth is it's the best way for anyone of any age to build strength, boost energy and redefine how their body looks. In fact, next to liposuction, strength training is the closest thing to spot reduction there is. It gives us the ability to sculpt individual body parts the way we want them.

The key is it can be simple and fit easily into your life. The really good news is that people who are doing little or no strength training now stand to benefit the most (and the quickest) from getting started today.

And women don't have to worry about getting bulky because they don't have as much testosterone as men. They'll get more lean, not bulky!

How We Build Muscle

Contrary to popular belief, heavy weights or equipment are not necessary to build muscle. Strength training can be simply the use of our own body weight (like a push-up, for example) to make our muscles work a bit harder than normal.

How Muscle is Built

- Strength training increases blood flow to the muscles
- It produces micro-tears in the muscle
- Healing produces regrowth and strengthening

How great is that? Imagine if you eat too much and your pants tear. You go to sleep and the next morning you wake up and your pants are still torn. But after you cause micro tears in your muscles through strength training, you go to sleep and your muscles rebuild and grow stronger overnight!

Results Are Quick

Strength training doesn't have to be strenuous and exhausting to be effective. Even moderate workouts produce fast results. With our "No Excuses" workout, it can be accomplished in as little as 15 minutes a day, 2 or 3 times a week.

From the first day we start working out, we actually begin to change our muscles. It's as if the "brain" of the muscle fiber wakes up. The tear down/rebuild process starts, and we begin to strengthen and tone our muscle cells.

After about eight weeks of regular strength training, you, and others, will notice a physical difference in your body.

The "No Diet" Diet

With strength training, we can increase our metabolism significantly and turn our bodies into fat-burning machines.

Muscle cells require more calories than fat cells to stay nourished. So, building more lean muscle through strength training increases our metabolism. The higher our metabolism, the more calories we burn -- even if we lay on the couch all day!