

Building Muscle ...Why Not?

So here I am at the Sony Centre sitting in the audience waiting to see Dr. Oz. Yes, I'm one of those women who get very excited to see a health guru, talking in layman's terms on health and wellness.

What could be better than hearing "live" from a highly respected medical professional the importance of resistance training. Wow, a doctor who is talking my lingo! I am so impressed by how he expresses his views so succinctly and captures the audience's attention with his words and actions. You may have heard his words of wisdom before but maybe it didn't "move you" to take action. When you hear words coming from a well-known surgeon, an expert in the field of medicine and health, it captures your attention – it definitely captured mine! So much so that I acted like a sponge, soaking in everything he spoke about and wanting to share it with you. There was so much to hear and I was so moved by his desire to share his knowledge on health and fitness with us.

He focused on the importance of how building muscle at any age will help to burn body fat while at rest. Just because we might be getting older does not mean we can't build muscle – it just means we need to try a little harder to keep it a priority.

Dr. Oz also stressed the importance of focusing on your waist and not your weight to prevent heart disease and other ailments. He stated that we should focus more on the size of our waist as a measurement to keep us on a healthy track and avoid gaining a spare tire in our mid-section.

He also reflected on the importance of eating mini-meals throughout the day to regulate your blood sugar levels and avoid cravings for unhealthy carbs.

He focused on how seven-plus hours of sleep for the body is most beneficial in waist size management and in speeding up your metabolism.

There were so many tips he shared about incorporating some resistance training exercises into your day that he made it sound so easy!

So what's standing in your way of building more muscle in your body?

What's standing in your way of strengthening and protecting your bones in order to prevent diseases?

Are you ready to slow down the destiny of brittle bones and osteoporosis by building more muscle?

I am! If you want an opportunity to test your muscle strength or start building some muscle then give us a call for your free initial consultation.

Submitted by Nadia Bender

Nadia Bender, Personal Trainer/Fitness Instructor and Owner of Fitness that Fits, the boutique fitness studio located in The Kingsway at 4214 Dundas Street West. 416-231-BFIT (2348).

