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Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Start a strength training
routine using your body
weight during your TV
viewing time.



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This fortnight's healthy topic...

Exercise Tip: Weight Bearing Exercise and Strength Training



Weight bearing exercise refers to activities that involve impact from bearing the weight of your body.

Strength training exercise involves using the body or objects (bands, weights etc) as resistance with the aim of strengthening the musculoskeletal system.

What are the benefits?

- **Reduced risk of osteoporosis.** Both exercise forms involve muscle contractions. Muscles pull on the bones, and force placed on bones via impact encourage more bone tissue to be deposited.
- **Increased muscle strength and endurance.** Continually change your training stimulus by increasing the weight or intensity. This will ensure that you continue to increase your muscle mass, strength and endurance.
- **Improving posture.** When done with good technique and appropriate prescription of exercises, both forms of activity can prevent muscular imbalances. Muscle imbalances are a common cause of poor posture.
- **Weight loss.** Increasing your muscle mass with strength training will speed up your metabolism, helping you to burn energy even at rest.

How much is enough?

Weight bearing exercise can be performed 3-5 times per week for at least 30 minutes at a moderate intensity (able to hold a conversation).

Strength training can be performed 2-3 days per week, allowing at least 24 hours before your next session so your muscles can recover. Aim for 2-3 sets of 8-12 repetitions for each major muscle group.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**