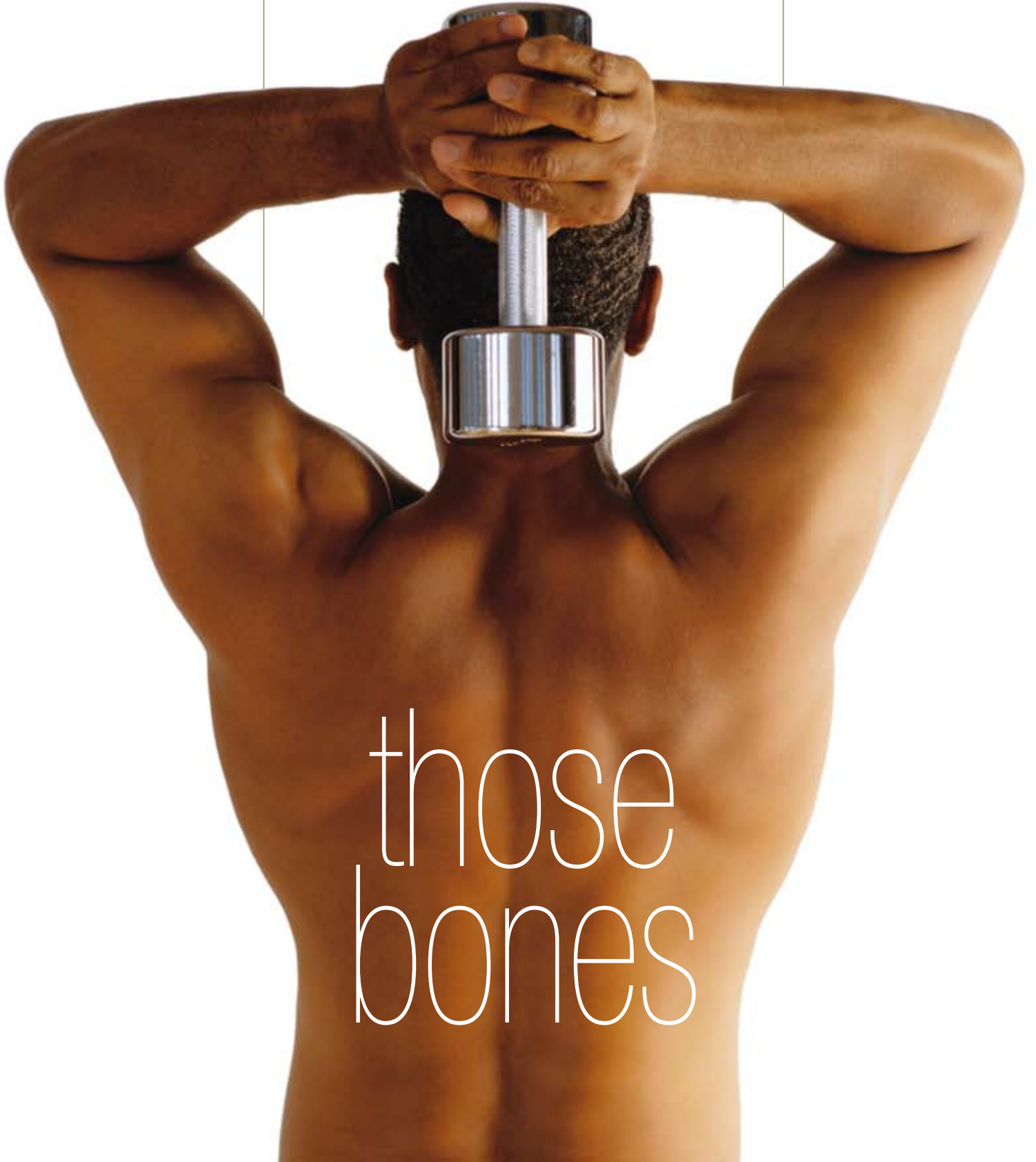


Build



those
bones

Exercising with weights has many different benefits. The first that springs to mind are usually toning or body building. One of the most important is to prevent osteoporosis.

This condition attacks both men and women, leaving the bones to become thinner, more porous and less able to support the body. Women usually suffer more severely due to bone loss accelerating rapidly after menopause.

By the time a woman reaches the age of 70, she may have lost as much as 30 percent of her bone density.

As a personal trainer a large part of my work is to ensure bone density and muscular strength is at it highest. Remember a strong body is healthy body.

To prevent osteoporosis you must follow these rules. If you don't already, now is the time to change your lifestyle for the better.

- Take part in exercise today
- Make sure you are taking enough calcium & vitamin D
- Don't take drugs, too much alcohol, caffeine or fizzy drinks
- And don't smoke

The good news is that osteoporosis can be prevented by a combination of good nutrition and exercise. Weight bearing exercises can help prevent bone loss and encourage bone growth. Remember this, always start slowly and consult your doctor before taking part in any exercise.

An ideal programme should consist of bone loading and specific aerobic weight bearing exercises three days per week. You will need to take part in some walking, jogging, weight training, and aerobics. In fact any exercise that stimulates as many different bones as possible. Start to think about walking more often rather than driving and taking stairs rather than lifts.

An area that needs to be addressed is nutrition. Eat a high calcium, high fibre, and low in fat diet. Did you know that two thirds of your bones are composed by calcium?



Here are the recommended dietary allowances in milligrams per day.

- 18-50 years : 800mg
- Pregnant women < 19 years : 1600mg
- Mothers > of 19 years : 1200mg
- Women > 50 years : 1000-1500mg
- Men & women > 60 years : 1000-1500mg

Vitamin D helps to metabolise calcium. The best sources of vitamin D is the sun, but beware of obvious skin damage. Milk products offer the same benefits. Look out for these foods that also to help boost your calcium.

- Nuts, seeds, beans, peas
- Fish with bones
- Green vegetables

So by preventing osteoporosis and staying fit and healthy, start exercising and follow a healthy diet. By taking care of your bones you will stay strong and healthy throughout your life. Strong bones, leads to a strong body and a healthy you.

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