

[IMAGE]

To Your Health

Keep Your Heart Healthy with Resistance Training

Heart disease remains the leading cause of death among U.S. men and women, claiming a life every 33 seconds. Smoking and eating a high-fat, high-salt diet are risk factors for the disease, and exercise (or lack of exercise) may also play a role.

Consider a recent study published by the British Journal of Sports Medicine. Twenty-four healthy premenopausal women were evaluated to examine the effects of a supervised 14-week resistance training program on cholesterol levels and overall body composition. Subjects were randomly assigned to a non-exercising control group or to an exercise group that participated in 45-50-minute resistance training sessions, three days a week on non-consecutive days.

At the end of the 14-week training period, total cholesterol and LDLC (the "bad" cholesterol) levels were significantly lower in the training group compared to the control group, and HDLC levels (the "good" cholesterol) had increased slightly.

Resistance training can involve free weights and/or weight machines, and many men (and more and more women) use resistance training as a supplement or alternative to aerobic exercise. Your chiropractor can help you choose a resistance training program best suited to your physical condition, time constraints and fitness goals.

Reference:

Prabhakaran B, Dowling EA, Branch JD, et al. Effect of 14 weeks of resistance training on lipid profile and body fat percentage in premenopausal women. *British Journal of Sports Medicine* 1999: Vol. 33, pp190-195.



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