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Weight Training

Why weight train?

I call weight training the gift that keeps giving. The reason is that there are so many benefits that come from weight training.

Benefits

- You are going to see changes in your body that you never thought possible.
- From a structural standpoint, one needs to keep the muscles strong to keep our bones and spine in proper alignment. As we age, gravity pulls the head and neck forward, rounding the shoulders and curving the upper spine.
- Weight training helps improve your bone density.
- Keeping our muscles strengthened and in proper balance, along with a strong and flexible “core” will help prevent the anatomical decline of the spine.
- Training will help develop the body and brain connection.
- Training helps keep the muscles young and elastic.

Hypertrophy (increase in muscle fibers)

Increase in:

Power

Speed

Strength

Flexibility

Muscular endurance and stamina

Bone, ligament and tendon strength

Metabolism

Decreases in:

Stress and tension

Resting heart rate

Blood pressure and LDLs

Body fat percentages

Other weight training benefits:

- Daily activities and chores will seem effortless.
- Keeps your brain healthy and fit.
- Improves your self-esteem and confidence.
- Increases your metabolism.
- Increases bone density.
- Training is a part of the day that is for you, about you and only you. So, focus and have fun!
- Weight training can be very versatile:
 - Keep the repetitions under 15 and you will develop and increase in strength and muscle tone.
 - Keep the repetitions over 15 and you will develop more muscle endurance.