

# *Personal Training by Robert J. Bovee*

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## **HEALTHY ADVANTAGES OF EXERCISE**

The benefits of weight training and aerobic exercise are large in number. But let's take a few of today's major health problems and see how training and exercise can help curb or prevent these problems.

Nine out of ten adults will experience some kind of back problem and we all know how disabling this form of injury can be. Most back problems are a simple muscle strain, but once you have a back injury the risk of obtaining another injury is increased greatly. Depending on the nature of your back problem, properly supervised exercise will create a greater blood flow to the affected area, promoting healing of the injured tissue as well as building strong, flexible muscle to protect the spine. Of course, you should seek a doctor's advice before beginning any exercise program especially if you have sustained any type of injury.

High blood pressure, also known as the silent killer, has no pain or symptoms and therefore it is not shocking that it afflicts over sixty million Americans. Recent studies have shown that a ten-week exercise regimen that included weight training, walking, jogging, or cycling significantly lowered blood pressure. Other factors that help to lower blood pressure are reducing salt intake, quit smoking, reducing alcohol beverage, lowering caffeine intake, controlling your weight and exercise.

Osteoporosis is a condition common among the elderly, striking mostly post-menopausal women. This condition weakens bones by taking calcium away leaving them porous and brittle. One third of women beyond the age of 65 suffer from vertebral fractures. Studies have shown that women bowlers, who participated in regular workouts, significantly decreased their rate of bone loss and actually increased vertebral bone density.

Exercise can also greatly affect diabetes, a disease characterized by poor control over insulin and blood sugar levels. There are two types of diabetes, Type 1, where there is not enough insulin produced, and Type 2, where the cells become less sensitive to insulin, therefore needing more insulin. Obesity is a major risk factor for Type 2. It only makes sense that weight loss through exercise is a primary treatment. Exercise is good in managing both types of diabetes, because exercise reduces cardiovascular risk factors. Both aerobic exercise and weight training help to reduce cholesterol, keep weight controlled and increase muscle, which means more insulin receptors and less insulin required.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.