

I RESISTANCE TRAINING –

the Breakthrough Health Solution

By Brendan J. Fox

There is a cutting edge drug on the market that has been proven to help you shed body fat, increase strength, sharpen your mental focus, boost energy, and improve sleep. In addition, you will experience decreased joint pain, decreased stress, and decreased chance of mortality of death from nearly ALL causes.

**Sound like the fountain of youth?
Too good too be true?**

The drug I'm talking about isn't a simple little pill you can take...it's a healthy dose of resistance training, the drug of choice!

The terms resistance training, weight training, and strength training all refer to exercise in which the movement of the exerciser is resisted by weights, machines, rubber bands, body weight or any other device. When the muscles are worked a little harder than normal, a number of favorable adaptations occur in the body. It is important to vary the exercises or increase the resistance

to facilitate further progress once the body adapts and the work becomes easier.

Within time, you will begin to notice the life altering effects of this investment in your health. You will find yourself jumping out of bed in the morning after a good night of sleep. You will experience a higher quality of life as daily activities are completed with the greatest of ease, in the absence of joint pain and discomfort. Your heightened metabolism will melt fat away, revealing the well defined muscles underneath...and you will radiate confidence!

If that weren't good enough, there's still more! Research continues to show evidence of the benefits of resistance training, including reduced stress and anxiety, decreased heart rate, lowered blood pressure, an improvement in good cholesterol (HDL) with a decrease in the bad cholesterol (LDL), and improved insulin sensitivity.

Resistance training is not just for bodybuilders and athletes. Swarms of people are catching the craze, participating in exhilarating workouts to boost their quality of life. The benefits of resistance training are for everyone, regardless of age or background, and should be a regular routine for those who want the most out of life!