

ACTIVELY YOU

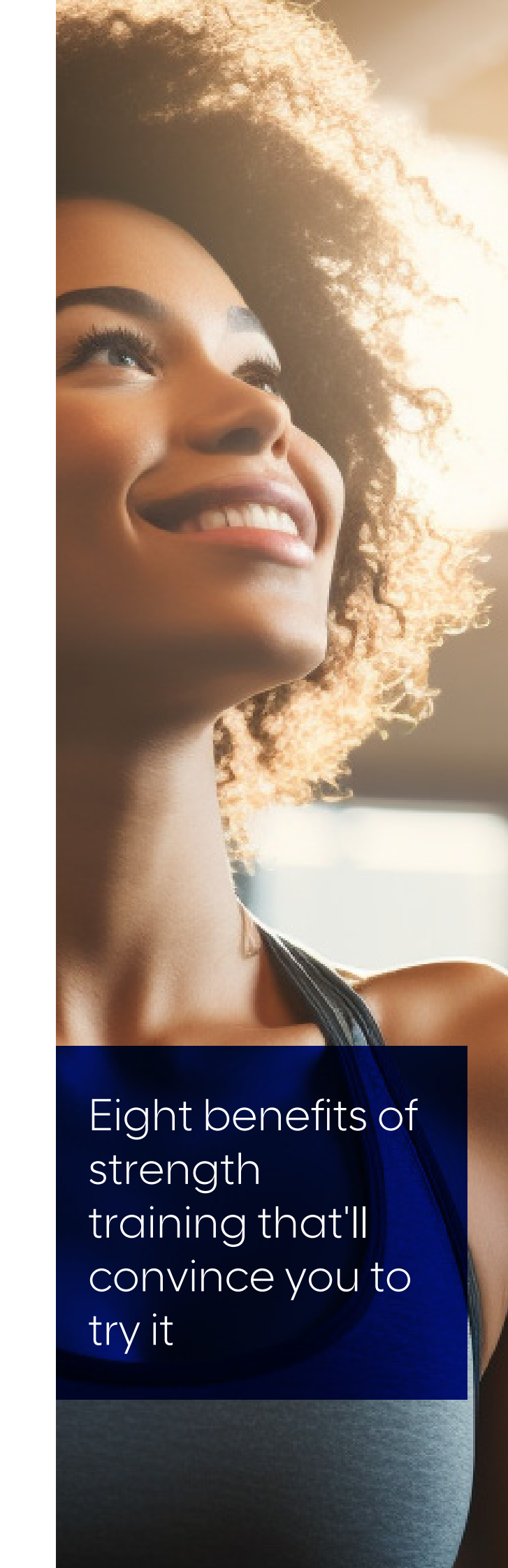


THE INSIDE ACTIVE GYM MAGAZINE



- Eight benefits of strength training that'll convince you to try it
- How to keep yourself hydrated throughout the day
- Recipe corner: Vanilla berry protein smoothie





Eight benefits of strength training that'll convince you to try it

1. Builds and maintains muscle mass

While cardio is excellent for heart health, it can't really compete with strength training when it comes to building muscle. Simply put, it's just not the most efficient way to get those gains.

Strength training, a.k.a. resistance training, relies on you lifting increasingly larger amounts of weight, which signals your muscles to adapt and grow bigger and/or stronger.

2. Makes your joints stronger

Another plus of strength training? Many moves—like squats and lunges—actually strengthen your joints while mimicking functional movement patterns.

3. A great low-impact cardio exercise

The key is to focus your workouts on compound movements, which involve more than one joint and muscle group.

4. Supports weight loss and weight management.

Strength training is a surefire way to increase your lean muscle mass, which in turn, helps your body burn off more of the fuel you consume from food every day rather than store it as excess energy in the form of fat cells.

5. Improves cardiovascular health

Recent studies show that weight training can be just as effective as cardio in promoting heart health. A Medicine & Science in Sports & Exercise study found that people who did at least one hour of strength training per week had a 40 to 70% lower risk of heart attack or stroke compared to those who didn't.

6. Protects bone health

Among its many other benefits, strength training can also help you maintain strong, healthy bones. Strength training supports bone density, so it can help lower your risk of osteoporosis.

7. Mood and mental health

When you strength train and pick up weights, you feel powerful, which transcends your workout and sets the tone for your day.

8. It may actually help you live longer

Strength training may be even more effective at reducing risk of all sorts of common, age-related chronic diseases than cardio.

Source: Women's Health Magazine



HOW TO KEEP YOURSELF HYDRATED THROUGHOUT THE DAY

Water is essential for life, and it plays a crucial role in keeping your body healthy. Here are some of the benefits of drinking plenty of water:

1. Keeps your skin looking healthy

Water helps to hydrate your skin from the inside out, making it look softer, smoother, and more supple.

2. Improves digestion

Drinking plenty of water can help to keep your digestive system moving smoothly, reducing the risk of constipation and other digestive problems.

3. Boosts your energy levels

By staying hydrated, you can keep your body functioning at its best, allowing you to stay alert, focused, and energised.

4. Helps to regulate your body temperature

Water plays a crucial role in regulating your body temperature. By drinking plenty of water, you can help to replenish the fluids your body needs to stay cool and regulate your temperature.

5. Supports proper kidney function

Your kidneys play a vital role in filtering waste and excess fluids from your body. Drinking plenty of water can help to reduce your risk of kidney stones and other kidney problems.

6. Helps to prevent headaches

Dehydration is a common cause of headaches, and drinking plenty of water can help to prevent them. By staying hydrated, you can help to keep your blood vessels dilated and prevent headaches.

7. Aids in weight loss

Drinking plenty of water can also aid in weight loss. Water can also help to boost your metabolism, allowing you to burn more calories and lose weight more effectively.

8. Improves your mood

Finally, drinking plenty of water can help to improve your mood. Dehydration can make you feel irritable, anxious, and stressed.

Ok so now we all know how great water is but what's the best way to actually ensure you stay hydrated?

1. Always carry a water bottle with you
2. Drink water before and after meals
3. Eat water-rich foods
4. Set hydration reminders
5. Make water more appealing

RECIPE CORNER:

Vanilla berry protein smoothie



Start your morning off right with this vanilla berry protein smoothie, made with fresh berries, almond milk, and protein powder. It's a delicious and healthy way to fuel your day.

Ingredients for two servings

- 1 ½ cups water (360 ml), or yoghurt or milk of choice
- 1 scoop vanilla protein powder
- 1 cup strawberries (150 g), frozen
- 1 cup blueberries (100 g), frozen
- ½ cup raspberries (60 g), frozen
- ½ cup blackberries (75 g), frozen

Preparation

- Put all ingredients into a blender and mix until smooth.
- Then simply enjoy!



Get in touch with Inside Active Gym today!

We're on the 7th floor of 144 Oxford so just pop through for a friendly visit and tour of our facilities. You can also email sonza@insideactive.co.za or call us on 011 638 0435.

Free fitness assessment for all new gym members!