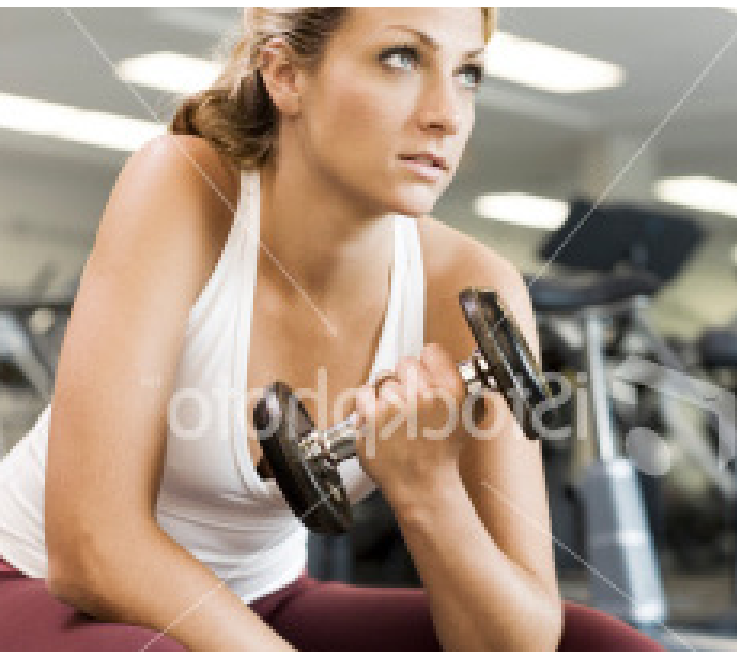


work it out

STRENGTH TRAINING HELPS BOOST IMMUNITY
AND SLOW THE AGING PROCESS



little tears in the muscle, causing the body's immune system to work to repair the tears. In doing so, the muscle is repaired and the immune system is boosted.

This type of exercise can even lead to weight loss. Clients often ask me how long it will take to see results, but there's no way of knowing for certain; it all depends on each person's health and fitness history. What is certain is that everyone will see results, but at their own pace. For example, if a client has had several injuries in the past, I'll have to work slowly with him. But if he has led a healthy lifestyle or has been fairly active throughout his life, he'll be able to work harder and faster.

What often happens is that after years of little or no activity, people get the urge to exercise. Perhaps it's because they're frustrated by their weight gain or they're under doctor's orders. So they join a gym and, for a short time, work out regularly. Then, when they don't see results quickly enough, they get discouraged and stop exercising. Or, due to a lack of knowledge or guidance, they hurt themselves and stop exercising.

It's no secret that exercise plays an important role in having a healthy and long life. What's often misunderstood is how much and what kind of exercise is best after being inactive for years

Typically, people will exercise one to three times a week, depending on their health and fitness level, their lifestyle and their goals. Basing a fitness program on each client's needs and goals means that no two programs are alike. In post-rehabilitation situations, it could require working closely with the client's health care providers in order to get the best results safely.

My practice has proven that one-on-one coaching by a fitness specialist not only helps prevent injury but also educates clients and helps them achieve their goals. People are sometimes concerned about the cost of hiring a fitness specialist, but a half-hour coaching session can start at \$35.

Regardless of your age and fitness level, strength training will help the ongoing process of building and maintaining a healthy body—and, as a result, help slow the aging process. [T.H.J.](#)

Joe Berrill is a post-rehabilitation conditioning specialist and the director of Body Form Fitness in Scarborough, Ont.

AS CANADIANS AGE, some will experience increased health problems. What most people don't realize is that they can slow the aging process. While aging does play a role in the overall degeneration of health, a more significant contributing factor is a sedentary lifestyle. Our bodies weren't designed to sit every day for hours at desks and on couches. Over time, the impact of such a lifestyle takes a toll, contributing to muscle and joint degeneration and a greater susceptibility to injury, pain, illness and disease.

The good news is, you can prevent health problems from developing by changing your lifestyle. With coaching from a fitness expert, it can be as simple as starting a weekly exercise routine. Before beginning any workout with clients at my fitness studio, I conduct a health, medical and injury history and perform a full functional assessment. This information allows me to customize a program to meet each client's needs.

It's no secret that exercise plays an important role in having a healthy and long life. What's often misunderstood is how much and what kind of exercise is best after being inactive for years. Those who are beginning their journey to become more fit need a program that improves muscle strength and helps prevent injury.

Building muscle isn't just for weight lifters. Muscle strength decreases joint pain and boosts the immune system. How? Regular, proper exercise that builds muscle strength creates