

Weight Training and Chocolate: 2 Ways to Age Gracefully

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The exercise fitness industry was a [\\$4.7 billion business in 2007](#), up from \$3.9 billion in 2000. But all of the money put into exercise machines like treadmill and elliptical machines have distracted from THE BEST way to stay healthy as you get older: WEIGHT TRAINING.

Why Weight Training?

A study [published in 2010](#) found that the benefits of weight training include INCREASING FLEXIBILITY:

of LBP (28,37,73,89). Resistance exercise has been shown to serve as an active form of flexibility training, helping to improve joint mobility within a functional range of motion (14,80,106), and

and [helping deal with the problems of osteoarthritis](#):

"This suggests that strength training has strong functional benefits for older adults with OA."

But the health benefits from resistance training are truly far-reaching, with a [2009 review of resistance training](#) in older adults finding weight training to be:

*"an effective intervention for **improving physical functioning** in older people, including **improving strength** and the performance of **some simple and complex activities**."*

Dumbbell Weight Exercises

I recommend using dumbbells because they encourage proper form AND help prevent using too much weight that can increase injury risk:

Dumbbell Bench Press:



Dumbbell 1-Arm Row:



Figure 1. Starting position (right side).



Figure 2. Completion of ascent and beginning of descent (right side).

Dumbbell Pullover:



Figure 1. Start of descent.



Figure 2. Start of ascent.

Dumbbell Step-Up/Lunge

Ascent (Upward Movement)

- Starting with the lead leg, the client or athlete will step up and place the whole foot firmly on top of the box (Figure 1).
- Using the lead leg, the client or athlete will push up onto the box. All



Figure 1. Start of the ascent.



Figure 2. Start of the descent.



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Chocolate: Helping Control Inflammation AND Muscle Soreness

Inflammation contributes to almost all of our chronic diseases including heart disease, stroke, cancer, Alzheimer's and Parkinson's Disease. Chocolate has been shown to help lower an inflammatory protein called [NFk-Beta](#) and [contribute to improved heart health](#).

When it comes to weight training, [40 grams of cocoa can help with soreness after weight training](#). So the more you weight train, the more chocolate you can eat!!!! (In moderation, of course).

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