

A woman with dark hair in a ponytail, wearing a yellow tank top and blue leggings, is captured in a dynamic running pose on a track. The background is a blurred green field, suggesting an outdoor setting. The text is overlaid on the image.

South Milwaukee Fitness Center

"Improving Lives Through Exercise"

901 15th Avenue, Door #24

414-766-5084

www.smfitness.org

5 Reasons You MUST Strength Train

by Dr. Wayne Westcott



During the past few years, more and more studies have shown that sensible strength training produces many health and fitness benefits. Key researchers have provided a wealth of data on the positive physiological responses to basic programs of strength exercise. Consider the following reasons to strength train:

- ◆ **AVOID MUSCLE LOSS** Adults who do not strength train lose between five and seven pounds of muscle every decade (Forbes 1976, Evans and Rosenberg 1992). Although endurance exercise may slightly improve our cardiovascular fitness, it does not prevent the loss of muscle tissue. Only strength exercise maintains our muscle mass and strength throughout our mid-life years.
- ◆ **AVOID METABOLIC RATE REDUCTION** Muscle loss is accompanied by a reduction in our resting metabolism. Information from Keyes et al. (1973) and Evans and Rosenberg (1992) indicates that the average adult experiences a two to five percent reduction in metabolic rate every decade of life. Regular strength exercise prevents muscle loss and a decrease in the resting metabolic rate.
- ◆ **INCREASE MUSCLE MASS** Because most adults do not perform strength exercise, they need to first replace the muscle tissue that has been lost through inactivity. Fortunately, research (Westcott 1995) shows that a standard strength-training program can increase muscle mass by about three pounds over an eight-week training period. This is the typical training response for men and women who do 25 minutes of strength exercise two to three days per week.
- ◆ **INCREASED METABOLIC RATE** Research reveals that adding three pounds of muscle increases our resting metabolic rate by seven percent and our daily calorie requirements by fifteen percent (Campbell et al. 1994). At rest, a pound of muscle requires 35 to 60 calories per day for tissue maintenance. During exercise muscle energy utilization increases dramatically. Adults who replace muscle through sensible strength exercise use more calories all day long, thereby reducing the likelihood of fat accumulation.
- ◆ **REDUCE BODY FAT** Campbell and his co-workers (1994) found that strength exercise produced four pounds of fat loss after three months of training, even though the subjects were eating 15 percent more calories per day. That is, a basic strength-training program resulted in three pounds more muscle, four pounds less fat, and 370 more calories per day food intake.

Wayne L. Westcott, Ph.D., Fitness/Research director at the South Shore YMCA in Quincy, Massachusetts, and author of the college textbook Strength Fitness.

Body Fat Reduction Guidelines

- ◆ **Apply Resistance Strength Training Twice Each Week:** When removing fat, one must be careful not to lose this weight in an indiscriminate fashion, i.e. lean tissue as well as fat. Proper strength training will assure that lean tissue is preserved, improved and not lost during periods of caloric deficit.
- ◆ **Proactive Eating:** Plan the day's/week's meals in advance and once outlined, stick to the plan. Grabbing meals on the fly, in a spontaneous fashion will typically lead to over consumption. Proper caloric consumption is analogous to maintaining and balancing your checkbook.
- ◆ **Eat Smaller Meals More Frequently:** The body is able to utilize up to 600 calories at any one sitting. 600 calories or more in one sitting that is entered into the body will be stored, or converted to fat. If your body requires 2000 calories, eat 5 meals of 400 calories, or 4 meals of 500 calories, the math is similar for diets of 1500 or 2500 calories.
- ◆ **Don't Get Fooled by the "Fat-Free" Trend:** Calories should be the main concern here. If a calorie is unused by your body, regardless of the form it entered your body (carbohydrate, protein, or fat), it will be stored as fat. In today's "fat-free" day and age, 5000 calories of food could easily be consumed along with a mere 25-40 grams of fat.
- ◆ **Drink 128 Ounces (1 gallon) of Cold Water Each Day:** Water is of extreme value to the body. The body responds to a lack of water by retaining what water it does have. Kidney function then slows and waste products accumulate. The liver is then utilized to flush out these waste products and cannot perform its primary function—to metabolize fat.



We are here committed to providing you the optimal exercise center — for both individuals and family members. Our staff continues to be excited working with our community and surrounding areas.

You may sign up now to enjoy our 4300 square foot fitness center, and our 200 meter elevated rubberized track. We offer over 20 pieces of stairmaster cardiovascular equipment; full lines of Magnum selectorized machines, personal training on MedX equipment with spinal emphasis, various free weight options, Olympic lifting platforms and much more.

Four inch flat screen televisions are provided for your workout experience, as well as satellite radio so you can listen to all your favorite songs.

A variety of exercise classes are also available through the Recreation Department Office. You are going to love our low membership rates, and the various membership categories.

MedX Super Slow Personal Training

- ◆ A private personal training room—no music, mirrors, or distractions with your personal training sessions. **JUST RESULTS!**
- ◆ *Unique to the area* Spinal Emphasis equipment to help treat chronic lower back and neck pain
- ◆ Utilizing a full body 30 minute workout only one to two times per week.
- ◆ Slow Movement Speed Strength Training **BY APPOINTMENT ONLY.**
- ◆ Featured in Vogue, Men’s Health, Shape Magazine, and personally used by Barbara Walters and Leslie Stahl.
- ◆ Exercise protocol from the best selling books “Slow Burn” and “Power of 10”

Contact **John Nall** a certified SuperSlow instructor with questions, or to set up a complimentary consultation at 414-766-5083



**Available HERE
Free Fitness Center and
Walking Track Membership**



What members are saying....

- ◆ The facility is one of the cleanest I’ve seen.
- ◆ I have access to all my fitness needs.
- ◆ They have a great variety of equipment.
- ◆ The staff is so friendly.
- ◆ Cardio, weights, an indoor track, something for everyone.
- ◆ The rates are affordable.
- ◆ Very glad I found this center to exercise in.

Hours of Operation

901 15 Ave. Door #24 766-5084
 For more information visit our website
 at www.smfitness.org

Monday—Thursday 5:35 AM—8:45 PM
 Friday 5:35 AM—7:45 PM

Saturday & Sunday 7:00 am—2:45 pm
 Summer Hours (close 1 hour earlier during weekdays)

Holidays

Fitness Center and Track closed :
 Independence Day, Labor Day, Thanksgiving,
 Christmas Day, Easter, Memorial Day

Reduced Hours 5:35 AM—2:45 PM
 Christmas Eve, New years Eve, New Years Day

High School Graduation Day Hours
 Fitness Center 5:35 AM—4:00 PM
 Track 5:35 AM—9:00 AM

**Fee Structure: All Month to Month
 payments handled electronically
 (One week written notice for can-
 cellation required)**

Resident	<u>Monthly</u>	<u>Annual</u>	<u>Annual Savings</u>
Joiners fee (one time \$15 payment)			
Single	\$19.00	\$180.00	\$48.00
Family	\$39.00	\$310.00	\$158.00
Senior Single (55+)	\$15.00	\$122.00	\$58.00
Senior Couple (55+)	\$20.00	\$193.00	\$47.00
South Milwaukee High School Student		\$40.00	
SM School District Staff	\$15.00	\$122.00	\$58.00
SM School District Staff Family	\$29.00	\$230.00	\$118.00
Corporate (Minimum of 5 required)		\$200 / person	
Guest Pass, \$5.00 per day			
Track Access only, Complimentary for Residents after one time		\$5 card production fee	
Personal Training by Appointment Only (30 minute sessions)		\$30.00-\$35.00 per session	

Non-Resident	<u>Monthly</u>	<u>Annual</u>	<u>Annual Savings</u>
Joiners fee (one time \$30 payment)			
Single	\$30.00	\$250.00	\$110.00
Family	\$45.00	\$330.00	\$210.00
Senior Single (55+)	\$20.00	\$140.00	\$100.00
Senior Couple (55+)	\$25.00	\$210.00	\$90.00
Non South Milwaukee High School Student		\$80.00	
College Students (Full time 12 credits)	\$10.00	\$100.00	\$20.00
Track Access		\$25.00	

Employee Wellness & Corporate Memberships

With the rising cost of health care, employers understand the need to keep their workforce as healthy as possible. The SMFC has corporate memberships available.