

Healthy LIFE

Women and strength training: what to know

Strength training should be an important part of women's workout regimens. Despite this, the National Center for Health Statistics says only about 20 percent of women lift weights. Poor advice may be to blame. Women often fall victim to false information circulating about lifting weights. By getting educated, women can do much to improve their workouts.

"The number one reason women should strength train is because strengthening your muscles strengthens the bones, increasing bone density and preventing or postponing osteoporosis," said Maggie Downie, owner of Personal Euphoria in Wethersfield.

One of the more widely circulated myths regarding women and weightlifting is that women who lift heavy weights will get bulky. According to the exercise resource Nerd Fitness, when any person picks up progressively heavier weights as he or she gets acclimated to lifting, that individual will get stronger, but not necessarily bigger.

"Women do not have enough testosterone in their body to bulk up. However, if you eat more calories than your body burns and lift weights you may feel bulky," said Jennifer Freeman, certified personal trainer at HealthTrax Fitness and Wellness Center in Glastonbury. "The key to any exercise program is to eat clean, and if you want to reduce your body fat and lose weight, you need to create a calorie deficit until you reach your desired weight goal."

IDEA Health and Fitness Network says strength training will help the average woman lose more fat than she'll gain in muscle. One who trains two to three times a week for two months can gain roughly two pounds of muscle, but will lose 3.5 pounds of fat. Women who want to lose weight may employ strength training to reach their goals.

Strength training also can help decrease the risk of osteoporosis, strengthen bones, improve posture

and reduce back pain. Weight training strengthens the muscles and bones that support the body.

Freeman said there are also numerous practical benefits to adding strength training to a routine.

"Women who are strong and fit, regardless of their age, are able to complete day-to-day activities. These women are able to pick up their children, grandchildren, play on the floor with them and run around the playground. They can complete household chores like carrying their groceries, mowing the lawn, gardening, taking out the garbage. They can get up out of a chair, the bathtub, or off of the toilet seat. They are stronger and fitter. This does not only mean you will benefit from the obvious of having a toned, defined body, you will also be able to complete daily activities with ease," she said.

Freeman said other benefits include helping manage chronic diseases such as osteoporosis, arthritis, diabetes and obesity, as well as increasing metabolism.

"Muscles burn more calories than fat. Therefore, it will help you lose and keep extra weight off," she noted.

Women should be open to the idea of lifting weights as part of a balanced workout regimen.

"It is important for women to strength train for many reasons, some physical and some emotional. Strength training will build muscle which leads to increased metabolism, energy level and increased amount of good endorphins. A muscle training workout out such as BodyPump will not only burn calories in the class but the post-class calorie burn from having built muscle mass will carry you for hours after class," explained Sara Leadbetter, group fitness manager, Zoo Health Club in Simsbury. "Outside of the physical benefits of strength training, there is an emotional benefit that comes from being strong. Feeling strong and having that true body strength can be very empowering in everyday life." WL

Spinal Stenosis? Back Pain? Sciatica? Herniated and/or Bulging Discs?

By Walter E Henderson, D.C.

Imagine how your life could change if you discovered the solution to your back pain. Well there's good news. Through the combination of proven scientific principles and technological developments, if you are a candidate, you now have a non-surgical option for your spinal stenosis or back pain.

Finally, forget about struggling through exercise programs or undergoing a potentially risky surgery, because with this technology – for most people – there is a better option.

You are about to discover one of the most powerful non-invasive, non-surgical technologies available for: spinal stenosis, back, hip, sciatica, bulging discs (single or multiple), degenerative disc disease, a relapse or failure following surgery or facet syndromes.

Best of all - for a limited time, you can see if you are a candidate and get an examination and cost quote with no obligation, for care, advanced imaging not included. We encourage you to bring any x-rays or MRIs that you have.

What is the treatment about?

After being fitted with an automatic shoulder support system, the DRX 9000 slowly lowers you to a horizontal position. You are lying face up. The automatic shoulder support system helps to stabilize your upper body.

The advanced computer system automatically adjusts to the proper angle of distraction (gentle computerized pulling; not what most people think of traction) then an air bladder system acts as a fulcrum to angle the pull, allowing us to target your specific disc that may be causing your pain and symptoms.

The distractive forces utilize a logarithmic curve to avoid proprioceptor response, which would create a muscle spasm. The split table design decreases friction and allows separation of the vertebrae, minimizing the effect of gravity.

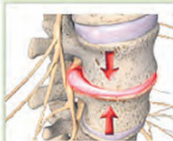
Basically, you lay face up and the amazing DRX 9000 computer simulates an anti-gravity effect on your back that helps herniated material return to its normal position and stop the pain. Patients describe the experience as a gentle, painless, intermittent pulling or gentle stretching of your back...Many patients actually fall asleep during the treatment!

Here's What People are Saying

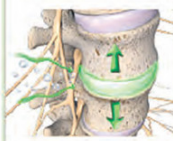
Hi, my name is Gindy from Enfield. I suffer from chronic back pain. I've done everything from surgery to cortisone shots to physical therapy. Nothing worked. I was miserable and couldn't work or sleep because of the pain. I read this article in the newspaper about this machine that can give me relief as well as give me life back. When I met with Dr. Henderson for the first time, I could barely walk without crying. He told me he could help me. I had nothing to lose at this point. I started treatments and it was the best decision I ever made. I can walk. I am back to work and I got my life back thanks to Dr. Henderson. I would recommend anyone with chronic pain to try this treatment. It works. I am living proof of that. I lost all my hope, then there was my miracle. Thanks Doc. C.F. Enfield, CT

I have suffered with sciatic leg pain for over three years. Every morning I would wake up with left leg and foot pain. The first treatment gave me relief and after a few more treatments my leg pain was practically gone. T.C., Simsbury, CT

No back surgery. Just Relief.



During normal activities the pressure inside the discs typically ranges between +100 mm/HG to +300 mm/HG



Non-Surgical Spinal Decompression can reduce the pressure inside the discs to approximately -150 mm/HG, shrinking disc herniations and drawing in necessary fluids and nutrients.

THINGS TO CONSIDER BEFORE SURGERY:		
	Decompression Therapy	Surgery
Expense	Less than most deductibles, or hospital co-pays.	Hidden cost, deductibles, co-pays, inability to work
Danger	Other than mild soreness, we have had no reported negative side effects	Complications from surgery can be severe and leave you dependent on medications
Pain	Patients report it is painless	May be severe and long-lasting
Recovery	Fast	Long rehabilitation which may not work

Am I a good candidate for this treatment?

- Does your back pain keep you up at night?
- Do you have pain into your legs?
- Does activity make your back sore?
- Are you taking medications for your pain?
- Would you like to avoid surgery?
- Already tried everything for your back pain and had no success?

If any of these questions pertain to you then you are ready to experience the healing power of the DRX9000!

Is this therapy right for me?

After working on hundreds of people, I have found that though individual results may vary, many cases of back pain and arthritis respond very well to decompression. Decompression therapy has very few contra-indications or side effects and most people we work on report successful results. We always begin with a complimentary examination specific to your back pain. Because demand is high, we have reserved space in our schedule for your free evaluation. The offer ends 6/15/2018.

SPACE IS LIMITED!

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Berlin Office

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\*Individual results may vary

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THE FACTS ABOUT BOTTLED WATER

More health-conscious consumers are sipping bottled water. Some even forgo fluoridated tap water in their homes for costly bottled water. If bottled water is your main source of drinking water, you could be missing the decay-preventive benefits of fluoride, a naturally occurring mineral that helps prevent tooth decay. To receive the benefits of fluoride, water should contain 0.7 to 1.2 ppm of fluoride. The towns of Newington, Rocky Hill and Wethersfield are all served by MDC, which reports fluoride levels of 0.85 to 1.05 ppm in the city water supply. Most dentists agree that since the introduction of fluoride into drinking water, rates of tooth decay have declined sharply. While the fluoride content of bottled water varies greatly, the vast majority of bottled waters do not contain optimal levels of fluoride. Some contain no fluoride. When water is treated before it's bottled, fluoride may be lost. Dr. Michalski notes, "we have seen a significant increase in certain patterns of decay in our patients that drink mostly bottled water."

How can you make sure you and your family - especially children - are getting the right amount of fluoride protection in bottled water? Check the label or, if not shown, contact the company and ask what level of fluoride the water contains. One ppm is equal to 1mg/L. If low fluoride levels are a concern, Dr. Michalski recommends that this be discussed with your dentist to explore if a preventive fluoride regimen should be considered.

Dr. Michalski can be reached for your fluoride questions at smiles@nichalski.com

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