



Health Yourself Byte

RESISTANCE BANDS

If you're interested in boosting your metabolism and the rate at which your body burns calories, you might want to consider doing a little weight training to increase your muscle mass!

FYI: A pound of muscle burns 35 calories a day, a pound of fat 2!

One weight training option is to use resistance bands! They can be challenging and add variety to any workout **PLUS** they're convenient and affordable! Variety is important in your workout because your body is adaptable! If you do the same exercises over and over, the body is no longer challenged. It becomes efficient . . . and YOU no longer see gains! We recommend that you try resistance bands because:



1. Resistance bands allow you to move more freely and achieve greater range of motion than using weight training machines which control where you start and stop. When lifting weights, gravity plays a major role. You get your resistance when working against gravity but then gravity makes lowering the weight easier. When using bands, the resistance is constant so you actually work harder.
2. Resistance Bands come in different colors that signal degree of difficulty. This allows you to customize the level of resistance to fit your strength level. You can control the tension by shortening or lengthening the band.
3. You can work every muscle in your body using resistance bands and you can use them anywhere.
4. Resistance bands are lightweight, don't take up much space, are easy to travel with and can be used at home or even at work at your desk.
5. Resistance bands are a great buy if you're looking for a piece of equipment to use at home. They usually cost under \$15.00 and can be found anywhere from Walmart to a sporting goods store and online. Many bands come with an illustrated guide of exercises and/or a DVD.



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