

## Resistance Training to Benefit your MET

### What is Resistance Training?

Resistance training includes exercises that cause the muscles to contract against an external resistance resulting in increased strength, tone, mass and/or endurance. External resistance can vary from dumbbells, bottles of water, your own body weight or any object that causes the muscles to contract. Resistance training causes small tears to the muscles which are repaired by the body resulting in stronger muscles.

### Other Benefits of Resistance Training

- Improved Joint Mobility
- Improved Strength
- Reduced Risk of Injury
- Strengthens Bones
- Reduced Risk of Cardiovascular disease
- Reduced Risk of Metabolic Syndrome

### What are the key benefits of Resistance Training?

Resistance training provides an initial after burn that has been proven to increase metabolism for up to 36 hours after a workout.

Studies have demonstrated that after a weight training workout, the metabolism can be boosted for up to 36 hours post-workout, meaning rather than burning for example 60 calories an hour while sitting working away at your desk you're now burning 70. Over the space of a day, week, month and year this will increase your calorie burn and thus improve your overall health and body composition.

Just like getting out at lunch time and performing the Move Your MET test during the Workplace Fitness Challenge, small bouts of resistance training can have a massive impact on your health.

With cardiovascular training you generally will burn more calories within a training session however with a resistance training session, you will increase your calorie afterburn and experience a higher elevation in metabolism.

So why not try adding [Resistance Training Workouts](#) to your weekly routine.