Resistance is key for rebalancing the body!

Today let’s focus on the importance of **RESISTANCE TRAINING** for your hormone balance.

There isn’t a mode of exercise that is superior to others but you just cannot deny the benefits of resistance training.

Resistance training can be...

🏋🏻‍♂️ Body weight exercises such as push-ups, lunges, squats, pull ups etc….

🏋🏻‍♂️ The use “resistance” bands

🏋🏻‍♂️ Weight training is also known as resistance training

🏋🏻‍♂️ Strength style yoga poses

Essentially resistance training is any mode of exercise where you are resisting force such as gravity, from a band, weight or your own body.

So how does this balance your hormones?

It helps to promote healthy blood sugar and insulin regulation.

When blood sugar or insulin is out of balance it triggers cortisol hormone imbalances which negatively impacts your thyroid, estrogen, progesterone, testosterone and other hormones.

Resistance training also encourages mitochondria function and growth which are in charge of respiration and energy production.

Resistance training helps build muscle and improves overall metabolism, even when you are at rest.

Interested in a resistance band workout or a weight training session with me? Ask me more! I’d love to walk you through a workout!!

Just remember… you simply can’t out exercise a bad diet. Combine the right foods for you / a balanced customized meal plan with the right workout and health is YOURS… Plus… when you are modeling these health habits… you just never know who is watching, admiring and inspired to be like you!