



## Resistance training

Resistance (or strength) training is any exercise that uses your muscles to work against a force or weight. You may think of it as the weight lifter moving heavy barbells, but it is actually as simple as performing any movement against your own body weight, such as squats or push ups.

Resistance training is recommended as a component of a well-rounded exercise regime, and is also included in injury rehabilitation exercise programs, and chronic disease management plans. Resistance exercise will increase your muscle strength and tone, improve your fat burning ability, strengthen your bones, and improve your overall quality of life.

## What is recommended?

### Frequency

For healthy adults (over 16 yrs), it is recommended the entire body be trained two to three times per week on non-consecutive days.

As you get more advanced, you may consider grouping muscle groups and focus on particular muscle groups in each session which may allow more variety in your sessions. You will see improvements with as little as two or three 20 minute sessions per week.

### Intensity

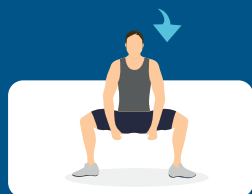
For general health, aim to complete 8-12 repetitions before reaching fatigue. During a session, you may also aim to complete two or three sets of 8-12 repetitions, however this is dependent on the individual.

Research shows a single set of 12-15 repetitions to fatigue will provide the benefits needed to improve muscle strength and endurance. As you get stronger, you may gradually increase the amount of weight or reps to continue to improve your muscle strength.

### Rest

Rest is very important with resistance training, as it allows the muscles to recover and build strength. A rest time of 1-3 minutes between exercise sets is recommended, and at least one day rest following your workout.

## Example of resistance exercises:



Body weight squats



Push ups



Dumbbell exercises such as shoulder, chest press and bicep curls



Gym-based weight machines



Activities of daily living such as going up and down stairs, jumping and gardening

Before commencing any exercise program, consult your GP or an exercise health professional. If at any time you experience pain during your workout, stop immediately and consult your GP.

It is important to work within your physical capabilities. If you want to get assistance with your exercise program,

exercise physiologists are experts in safe and effective exercise prescription for healthy individuals, and people who have injury or illness.

To find an exercise physiologist near you, visit <https://www.essa.org.au/find-aep/>

## For the slow morning starters...



*Do you ever struggle to get out of bed in the morning?  
Do you find yourself struggling to get to work on time?  
Are you a serial snooze hitter?*

Here are some quick tips to help you start the day fresher and quicker:

- ▶ Go to bed when you are tired, aim for 8 hours of sleep per night
  - This will ensure you are well rested when you wake up.
- ▶ Set your alarm across the room
  - This means you have to get up to turn it off, reducing the likelihood of re-hitting that snooze button.
- ▶ Give yourself time to create an enjoyable morning routine
  - Take the hustle and bustle out of your morning, and start the day focused on your wellbeing. This could be a walk, run, or a self-care plan for the morning.
- ▶ Drink a glass of water first thing in the morning
  - This will hydrate you and get your body ready for the day.
- ▶ Pick your clothes the night before
  - Take away that one more thing you need to do when you get up.

If all this still seems too hard, start small and just sit up in bed.  
Make that first step and this will lead to the rest.

## Quick microwave poached eggs

**Time – 2 mins**

**Perfect addition to top off a fancy breakfast, quick salad lunch, or a roast veggie dinner.**

### Ingredients

- ▶ 1 large egg
- ▶ ½ mug of room temperature water
- ▶ Salt and pepper to taste

### Method

- ▶ Put ½ cup room temperature water in a microwave-safe mug. Crack the egg into the water. Poke a hole in the yolk with a toothpick, and then cover the mug with a small microwave-safe plate.
  - ▶ Put the mug in the microwave and microwave on HIGH power for 30 seconds.
- NOTE: Start out microwaving the egg for only 30 seconds, and adjust time frames for your microwave. This may be a little trial and error until you perfect it for your microwave.
- ▶ Take a peek - you want the whites to be opaque, and the yolk to be still on the runny side. If the whites are still clear, return the cover in place and put the mug back in the microwave for another 10 to 30 seconds.
  - ▶ Once the whites are cooked, let the cooked egg sit in the mug of hot water for 1 minute. This helps firm up any soft parts of the egg white, giving you a more evenly poached egg.
  - ▶ Using a spoon or fork, gently lift the egg out of the mug and set it on a piece of paper towel. Sprinkle with salt and pepper, then transfer to your serving plate and enjoy.



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