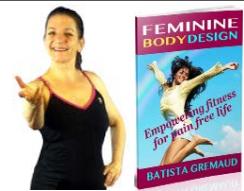


Against Relapse

by Batista Gremaud

Strength Training: A Revolutionary Tool



Is your teenager depressed? Having trouble in relationships, lonely and not sure which way to turn? Then, you must read this.

Did you know the epidemic of drug abuse in teens is seen as the number one public health problem in the United States, according to a report by CASA Columbia, and that those who begin to use at a young age are more likely to develop a dependency as adults, adding to the ever growing addiction statistics?

While recovery home and treatment centers are flourishing with continuous influx of new young patients, the statistics for long-term recovery are very slim.

Could weight training serve as a helping hand in reversing the gloomy statistics?

Strength training offers a revolutionary tool for kids and young adults, to strengthen the nervous system, enhance posture (also know as "text neck") and show up with the self-confidence they ought to have.

Just as many women mistakenly fear weight lifting will make them bulky, a lot of parents and coaches avoid stirring young adults towards strength training because they think it is unsafe for kids, potentially leading to injuries such as growth-plate or joint damage. This isn't a controversial claim anymore since it has long been proven that strength training, when done properly, is not only safe, it is extremely beneficial and recommended for teens and children as young as eight years old. According to the National Strength and Conditioning

Association, most injuries to young lifters are the result of poor training protocols, lifting too heavy, poorly designed equipment or lack of education, not a fragile anatomy because of age.

Health benefits of a sensible strength-training program can be stupendous for young adults such as

- Increase muscle strength and endurance
- Strengthen bones
- Improve sports related performance
- Decrease sport's related injuries
- Improved cardiovascular health / blood pressure / cholesterol

Strength training can also be an efficient activity for weight control. Overweight children who begin a strength training practice are more likely to continue than those who simply do cardio, because it is more fun. The fact is, very few kids choose to spend twenty to thirty minutes doing any kind of continuous endurance exercise, regardless of the benefits or incentives. Most youngsters prefer to play hard or run fast for short times, rest a minute or two, then repeat their performance. Fortunately, it is possible to provide such benefits with exercise programs through intelligent strength training and the effects and results typically exceed most people's expectations.

Poor self-image and lack of self-esteem, which affects many teens, can also contribute towards unhealthy addictive behaviors.

Strength training is a sport that allows people of all ages to be the best they can be, either compared to others or relative to previous personal performance. It boosts self-confidence. Results are measurable in strength training and the benefits are quick to appear, which can satisfy the addictive brain that craves instant gratification. Changes such as height, posture, stature, and overall demeanor become noticeable quickly. Boys and girls alike enjoy seeing muscular definition appear, because it makes them feel strong and beautiful. It is hard to be depressed when the results appear as a toned attractive body, without underestimating the surge of neurochemicals to the brain, which is proven to fight depression and boost mood behavior.

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