



RESISTANCE TRAINING AS THE KEY TO HEALTH AND LONGEVITY WITH SAL DI STEFANO

[LISTEN TO THE MUSCLE INTELLIGENCE PODCAST >](#)

WHY RESISTANCE TRAINING IS THE BEST FORM OF EXERCISE

- There are many benefits of resistance training including fat loss, diabetes prevention, hormone balance, etc.
- Resistance training provides the “biggest bang for your buck” in terms of exercise benefits, regardless of the amount of time spent.
 - Resistance training is a form of exercise that counters chronic health issues caused by modern living.
- Individual variance and muscle building:
 - There is a lot of individual variance when it comes to the results of exercise and how long they last.
 - Genetics play a significant role in determining how someone responds to exercise and builds muscle.
 - The muscle building signal is easy and consistent to send as long as you are doing more than you currently are.
- Resistance training frequency:
 - Commit to doing resistance training at least two days a week to achieve a fit, healthy, relatively lean body and reap many benefits associated with exercise.
 - Understand that resistance training provides the biggest bang for your buck in terms of exercise benefits, regardless of the amount of time spent.
 - Make a schedule and prioritize two days a week for resistance training.
- Having more muscle is beneficial for overall health and acts as a protective buffer against chronic illness.
- Resistance training has more long-lasting effects compared to other forms of exercise.
- Resistance training is not only as effective as other forms of flexibility-based exercise in improving flexibility but is also superior for functional flexibility, which involves having a range of motion with strength and stability.
- Recognize that resistance training plays a vital role in developing strength and therefore has a positive impact on longevity.
 - Recent studies have shown resistance training's superiority in various health parameters.
 - Strength tests predict all-cause mortality better than other tests like blood pressure or cholesterol levels.

1 of 3

DISCLAIMER

The information contained in this podcast & guide is provided for informational purposes only and is not intended for the purposes of diagnosing, treating, curing or preventing any disease. Before using any products referenced on the podcast or guide, consult with your healthcare provider. Information found or received through the podcast and guide should not be used in place of a consultation or advice from a healthcare provider. If you suspect you have a medical problem, or should you have any healthcare questions, please promptly call or see your health care provider. This podcast and guide including Ben Pakulski and the producers disclaim responsibility for any possible adverse effects from the use of information contained herein, opinions of guests are their own and this podcast and guide does not endorse or accept responsibility for statements made by guests. This podcast and guide does not make any representations or warranties about guests qualifications or credibility. This podcast & guide may contain paid endorsements or advertisements for products or services. Individuals on this podcast & guide may have a direct or indirect financial interest in products or services referred to herein.

PRIMING TECHNIQUES AND LONG-TERM EFFECTS OF RESISTANCE TRAINING

- Avoid static stretching as it weakens the signal from the central nervous system to the muscles, leading to increased flexibility but also increased risk of injury.
- Learn and practice individualized priming exercises that fire and connect different muscle groups in specific stretches.
 - Use priming exercises to improve control and readiness for exercises.
- Muscle memory is a real phenomenon observed in athletes and bodybuilders.
- If you stop working out after gaining muscle, you can regain it much quicker compared to the time it took to gain it initially.
 - Satellite cells in muscles can increase in number, allowing muscles to rebuild and develop again more easily.
 - Resistance training has more long-lasting effects compared to other forms of exercise, and muscle and strength acquired through resistance training stay for a longer period before starting to decline.

INCORPORATING RESISTANCE TRAINING INTO YOUR ROUTINE

- Update your workout routine to include resistance training as the base foundation.
- Prioritize resistance training if time is limited, as it provides the most significant benefits for overall health and fitness.
- Understand that resistance training is a customizable form of exercise that can be done with any type of resistance, such as body weight, resistance bands, machines, dumbbells, barbells, and kettlebells.
- Incorporate cardiovascular activity and flexibility/mobility training into your exercise routine for a perfect balance.

DISCLAIMER

The information contained in this podcast & guide is provided for informational purposes only and is not intended for the purposes of diagnosing, treating, curing or preventing any disease. Before using any products referenced on the podcast or guide, consult with your healthcare provider. Information found or received through the podcast and guide should not be used in place of a consultation or advice from a healthcare provider. If you suspect you have a medical problem, or should you have any healthcare questions, please promptly call or see your health care provider. This podcast and guide including Ben Pakulski and the producers disclaim responsibility for any possible adverse effects from the use of information contained herein, opinions of guests are their own and this podcast and guide does not endorse or accept responsibility for statements made by guests. This podcast and guide does not make any representations or warranties about guests qualifications or credibility. This podcast & guide may contain paid endorsements or advertisements for products or services. Individuals on this podcast & guide may have a direct or indirect financial interest in products or services referred to herein.

WEIGHT LOSS AND METABOLISM METABOLISM

- The old paradigm of fitness, focusing on burning calories through cardio, is incorrect and can be harmful.
 - Cardio combined with diet results in weight loss, but approximately 50% of the weight lost is muscle.
- Resistance training is a more effective form of exercise for weight loss, as it leads to different adaptations and helps preserve muscle mass.
- Be aware of cravings for certain foods that tend to spike serotonin and provide quick energy, such as starches and fried foods, especially after cardio exercise.
- Building muscle can increase metabolism and calorie burn, regardless of the amount of muscle gained.
 - The body has the ability to swing in terms of calorie efficiency or inefficiency and that resistance training encourages the body to burn more calories through muscle-building and signaling processes.
 - Consider resistance training, especially for overweight individuals with a slow metabolism, to build muscle before cutting calories.

FITNESS AND PERSONAL GROWTH

- Fitness can be a sneaky way to personal growth, leading to a shift in priorities beyond appearance to improving overall health and exploring other aspects of life.
 - Embrace the lessons that exercise teaches, such as being okay with failure and developing a different relationship with pain.
- The journey of fitness can eventually lead to a focus on spirituality as a means to find meaning and contribute to overall well-being.
- Explore different forms of spirituality, such as organized religion or meditation, to ask the big questions and look at the purpose of life.

3 of 3

DISCLAIMER

The information contained in this podcast & guide is provided for informational purposes only and is not intended for the purposes of diagnosing, treating, curing or preventing any disease. Before using any products referenced on the podcast or guide, consult with your healthcare provider. Information found or received through the podcast and guide should not be used in place of a consultation or advice from a healthcare provider. If you suspect you have a medical problem, or should you have any healthcare questions, please promptly call or see your health care provider. This podcast and guide including Ben Pakulski and the producers disclaim responsibility for any possible adverse effects from the use of information contained herein, opinions of guests are their own and this podcast and guide does not endorse or accept responsibility for statements made by guests. This podcast and guide does not make any representations or warranties about guests qualifications or credibility. This podcast & guide may contain paid endorsements or advertisements for products or services. Individuals on this podcast & guide may have a direct or indirect financial interest in products or services referred to herein.