

# The Importance of Strength Training for Muscles and Bones

## 力量训练对肌肉和骨骼的重要性



As we age, the loss of muscle strength and bone density becomes a significant concern. Research has shown that both muscle mass and bone density decrease over time, thus increasing the risk of fractures and impairing everyday tasks. While many people focus on cardiovascular exercise, it is equally important to prioritize strength training to maintain and strengthen our muscles as we age. This article explores the benefits of strength training and provides tips for getting started.

### The Impact of Aging on Muscles and Bones

Research has shown that muscle mass decreases approximately 3-8% per decade after the age of 30. This decline in muscle mass accelerates after the age of 60. Likewise, bones become brittle with age, increasing the risk of fractures, especially with a loss of strength.

### Importance of Maintaining Strength

Muscles and bones provide essential support and protection for our body. Loss of strength impairs daily tasks and increases the risk of injuries. Weak muscles can lead to joint problems, strains, sprains and tears.

### The Role of Strength Training

Strength training stimulates muscle growth and prevents muscle atrophy. Regular use of muscles through training makes them stronger and maintains mobility. Strength training is crucial for preventing osteoporosis, frailty, and promoting mental and emotional health.

随着年龄的增长，肌肉力量和骨密度的流失成为一个重要的问题。研究表明，随着时间的推移，肌肉质量和骨密度都会降低，从而增加骨折的风险并影响日常工作。尽管很多人专注心血管锻炼（有氧运动），但随着年龄的增长，优先考虑力量训练以维持和增强肌肉也同样重要。这篇文章探讨了力量训练的好处，并提供了开始训练的技巧。

### 年龄对肌肉和骨骼的影响

研究表明，30岁后，肌肉质量每十年大约会下降3-8%。在60岁后，这种肌肉质量下降的速度会加快。同样，骨骼会随着年龄增长而变得脆弱，增加骨折的风险，尤其是在失去力量的情况下。

### 保持体力的重要性

肌肉和骨骼为我们的身体提供重要的支撑和保护。体力的丧失会影响日常工作，并增加受伤的风险。肌肉无力可能会导致关节问题、拉伤、扭伤和撕裂。

### 力量训练的作用

力量训练能够刺激肌肉生长，预防肌肉萎缩。通过训练经常使用肌肉可以使其变得更强壮，并保持灵活性。力量训练对于预防骨质疏松症、虚弱以及促进精神和情绪健康至关重要。

# TIPS FOR GETTING STARTED WITH STRENGTH TRAINING

## 开始力量训练的提示

1

### Consult with a Professional

- Before starting any exercise programme, consult a health-care professional or a certified personal trainer.
- They can assess your health condition, recommend appropriate exercises, and guide you in setting realistic goals.

#### 向专业人士咨询

- 在开始任何锻炼计划之前，请咨询医疗保健专业人员或获得认证的私人教练的意见。
- 他们可以评估您的健康状况，推荐适当的锻炼，并指导您制定现实可行的目标。



2

### Start with the Basics

- Begin with simple exercises that target major muscle groups, such as squats, lunges, push-ups and rows.
- Focus on proper form and technique to avoid injuries.
- Gradually increase the intensity, duration and complexity of your workouts over time.

#### 从基础开始

- 从针对主要肌肉群的简单锻炼开始，例如深蹲、弓步、俯卧撑和划船。
- 注意正确的姿势和技术以避免受伤。
- 随着时间的推移，逐渐增加锻炼的强度、持续时间和复杂度。



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### Incorporate Resistance Training

- Use resistance bands, free weights or weight machines to add resistance to your exercises.
- Start with lighter weights and gradually increase as you become more comfortable and stronger.
- Aim for a variety of exercises that target different muscle groups.

#### 加入阻力训练

- 使用阻力带、自由举重或举重器械来增加锻炼的阻力。
- 从较轻的重量开始，随着您感觉更舒服并变得更强壮时，逐渐增加重量。
- 针对不同的肌肉群进行不同的锻炼。



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### Balance Cardiovascular Exercise and Strength Training

- Include both cardiovascular exercise and strength training in your fitness routine for overall health benefits.
- Aim for a balanced combination of aerobic activities, such as walking, jogging or cycling, along with strength training sessions.

#### 平衡有氧运动和力量训练

- 在健身计划中同时包括有氧运动和力量训练，以获得整体健康益处。
- 以平衡的有氧运动组合为目标，如步行、慢跑或骑自行车，同时进行力量训练。



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### Add Rebounding to Your Daily Routine

- Rebounding is a low-impact, highly efficient way to exercise both your cardiovascular fitness and overall body strength.
- Rebounding is particularly good at strengthening your pelvic floor and deep abdominal muscles, while conditioning and toning the rest of the muscles in the body.
- The gravitational force with each bounce helps to stimulate bone production, increasing bone strength and density over time.

#### 在日常生活中加入弹跳运动

- 弹跳运动是一种低冲击力、高效的锻炼方式，可以锻炼心血管健康和整体身体力量。
- 弹跳特别有利于加强骨盆底和腹部深层肌肉，同时使身体其他肌肉得到调理和塑造。
- 每次弹跳时的重力作用有助于刺激骨骼生长，增加骨骼强度和密度。



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### Listen to Your Body and Rest

- Pay attention to your body's signals and avoid overexertion or pushing beyond your limits.
- Allow time for adequate rest and recovery between workouts to prevent muscle fatigue and injuries.

#### 听从身体的信号休息

- 注意身体的信号，避免过度劳累或超出自己的极限。
- 在下次锻炼之间留出足够的休息和恢复时间，以防止肌肉疲劳和受伤。



Strength training is essential for maintaining muscle strength, preventing bone loss, and promoting overall well-being. By incorporating regular strength training sessions into your fitness routine, you can improve mobility, reduce the risk of injuries, and enhance your physical and mental health as you age. Remember to consult professionals, start slowly, and listen to your body throughout the process.

力量训练对于保持肌肉力量、预防骨质流失和促进整体健康至关重要。通过将定期的力量训练纳入您的健身计划中，您可以提高灵活性，减少受伤风险，并在年龄增长时增强身体和心理健康。请记住咨询专业人士，慢慢开始，并在整个过程中倾听身体的需求。