

STRENGTH TRAINING

STRONGER BODY. STRONGER YOU.
FOR LIFE.

Strength training is one of the most powerful things you can do for your physical, mental and metabolic health. It's not just for athletes — it's for everyone.



WHAT IS STRENGTH TRAINING?

Strength training (also called resistance training) uses resistance — such as weights, bodyweight or resistance bands — to challenge your muscles. Over time, this builds strength, improves function and supports long-term health.



WHO IS IT FOR?

Everyone. All ages. All fitness levels. You don't need a gym membership. You just need to start.

THE LIFE-CHANGING BENEFITS OF STRENGTH TRAINING



STRONGER BONES

Increases bone density and helps prevent osteoporosis and fractures by putting healthy stress on bones.



BETTER BLOOD SUGAR CONTROL

Improves insulin sensitivity and helps stabilise blood sugar levels, reducing the risk of type 2 diabetes.



MORE MUSCLE, MORE STRENGTH

Builds and maintains lean muscle mass, helping you stay strong, mobile and independent as you age.



HEALTHY WEIGHT MANAGEMENT

Boosts metabolism and helps maintain a healthy body composition.



SUPPORTS HEART HEALTH

Lowers blood pressure, improves cholesterol levels and supports overall cardiovascular health.



BETTER MOOD & MENTAL HEALTH

Reduces symptoms of anxiety and depression and boosts confidence, self-esteem and body image.



IMPROVED SLEEP

Promotes deeper, more restorative sleep so you wake up feeling more refreshed.



BOOSTS IMMUNITY

Regular strength training can help strengthen your immune system and reduce inflammation.



BETTER POSTURE & FUNCTION

Improves balance, coordination and posture, reducing the risk of falls and injury.



MORE ENERGY EVERY DAY

Builds a stronger, more resilient body so you have more energy to enjoy life.

STRENGTH ISN'T JUST ABOUT LIFTING WEIGHTS.
IT'S ABOUT BUILDING A STRONGER, HEALTHIER, HAPPIER YOU.

STRENGTH TODAY, HEALTH FOR TOMORROW

HOW IT SUPPORTS YOUR BODY LONG-TERM

- ✓ Maintains muscle mass as you age (sarcopenia prevention)
- ✓ Supports healthy ageing and independence
- ✓ Improves joint stability and reduces injury risk
- ✓ Enhances body composition and metabolic health
- ✓ Supports hormone balance (testosterone, growth hormone, etc.)
- ✓ Improves physical performance in everyday life
- ✓ Helps manage and prevent chronic diseases
- ✓ Increases longevity and quality of life



BONES GET STRONGER

Resistance training stimulates bone formation and increases density.



INSULIN WORKS BETTER

Muscles act like a sponge for glucose, helping keep blood sugar stable.



MOOD GETS BETTER

Exercise releases endorphins and reduces stress hormones.

YOU DON'T NEED PERFECTION, JUST PROGRESS

- ✦ Start small. 2-3 sessions per week is enough.
- ✦ Use weights, resistance bands or your own bodyweight.
- ✦ Focus on big movements: squat, push, pull, hinge, core.
- ✦ Progress over time. A little more each week.
- ✦ Pair with good nutrition, sleep and stress management.

CONSISTENCY IS MORE POWERFUL THAN INTENSITY.



GET STARTED



BE CONSISTENT
Make it a non-negotiable part of your week.



FUEL YOUR BODY
Eat real, whole foods to support your goals.



PRIORITISE REST
Recover, rebuild and get stronger.



BE PATIENT
Results take time, but they are worth it.

REMEMBER

You don't have to be extreme. You just have to be consistent.
Strong today. Resilient tomorrow. For life.



STRENGTH IS FOR EVERY BODY

Whether your goal is to build muscle, lose fat, improve health, manage a condition or simply feel better in your body — strength training can help you get there.

♥ You've got this.



NEED SUPPORT?

Personalised nutrition and lifestyle support to help you feel your best — from the inside out.

Get in touch:

✉ gentlereset@hotmail.com

🌐 www.thegentlereset.uk

