

Inner Strength - Outer Strength

OUTER STRENGTH TIPS

Muscular Strength

Muscular Strength is about developing the body's musculoskeletal system to be able to handle loads and resistance. Strength naturally tends to decline with age so building strength is a key way to keep the body healthy and young. "Muscular strength brings with it ease of movement, good posture, and better performance in life activities," say Danilo Rodriguez and Jason Chung, fitness Instructors at the Mandarin Oriental Hong Kong. "Strength is also a key factor in reducing risks of falls and injury."

How to develop Muscular Strength:

- Use it or lose it! The body has an amazing ability to adapt to our lifestyle. The muscles we regularly use and push to their limits will grow stronger, whilst muscles we neglect will weaken over time.
- Incorporate a strength training programme into your routine including weight training and/or body-weight exercises.
- Join a gym and consult a personal trainer to develop a personalised programme.

Interesting reading:

- *Bigger Leaner Stronger* by Michael Matthews
- *Starting Strength* by Mark Rippetoe
- *You Are Your Own Gym: The bible of bodyweight exercises* by Mark Lauren

"It's so important to have good muscular strength so we can handle any physical activities in our daily lives with ease. Having great strength both functionally and separately allows me to feel stronger in everything I do, move better, and have more energy overall."

--Mike Rosario, Landmark Mandarin Oriental Hong Kong, Fitness & Wellness Supervisor