

**SUGGESTIONS FOR A SITTER** - If you have to sit for long periods of time here are a few suggestions that may help your back. Over time, prolonged pressure on the spine can cause backache, disk problems or muscle strain in the neck and upper back. Stand up and stretch your back and legs about every thirty minutes. A short walk or standing for a few minutes each hour can increase blood flow to your back and reduce tension. Do not slouch at your desk. Keep the spine aligned to reduce strain. Try seated stretches in your chair (lean forward and try to touch the floor by reaching between your legs or keeping your knees together while turning your upper body as far to the right and left as possible. Hold for 20 - 30 seconds). Keep in mind regular, moderate aerobic exercise, such as walking, can help strengthen your core muscles.

**A NEW STUDY** out of McMaster University says that lifting heavy weights is not the best way to gain healthy muscle mass. Lifting lighter weights until your muscles are tired is better, they say. "Rather than grunting and straining to lift heavy weights, you can grab something much lighter but you have to lift it until you can't lift it anymore," explained Stuart Phillips, associate professor of kinesiology at McMaster. "We're convinced that growing muscle means stimulating your muscle to make new muscle proteins, a process in the body that over time accumulates into bigger muscles." Many people struggle with the idea of having to lift heavy amounts of weight in order to gain strength. But this new research offers a viable alternative that is not only easier to achieve, but that will put less strain on other areas of the body that are prone to being damaged by heavy lifting regimens. The team examined subjects by giving them "heavy" weights that represented 90 percent of what they could physically lift, as well as "light" weights that were about 30 percent of what they could lift. Muscle fatigue occurs after between five and ten lifts of a weight that is 80 to 90 percent of what a person can lift, but according to study results, the same muscle fatigue is achieved after lifting the lighter weight about 25 times. This is good news for everyone, especially for elderly and otherwise ill or injured people that are working towards building much-needed muscle mass. Now they can perform muscle building exercises that are easier for them but that will help to achieve the same results. (*NaturalNews*)