

Local youths discover the benefits of getting fit



NICKOLAS CUNHA and NICK LEPORE

Three local youngsters have changed their outlook on physical activity and working out after a three-month "get fit and healthy" program at Power Zone Fitness.

Nickolas Cunha and Nick Lepore worked with trainer Dan Walinga while Maeve Sharkey trained with Kim Cullen.

The three also met with Power Zone's holistic nutritionist Johanne Jakuszyk to review their nutrition plans.

The youths said afterwards: "I feel like I have more energy." "I can run longer." "I can run faster." "I feel stronger." "Our clothes are too big."

From Walinga's perspective, these comments can be interpreted this way:

"I feel like I have more energy"— Due to the resistance training their bodies are becoming more efficient in the way they do everyday things like walking, running, stairs, etc. They have all lost weight as well as they are not carrying as much useless weight (i.e. fat) to do those everyday tasks.

"I can run longer"— This means a lot. Due to the cardiovascular training they

were put through, their bodies are becoming more efficient in using oxygen. They can take in more oxygen (increase in lung capacity) and their bodies are getting more efficient at using that oxygen they breathe. The delivery of the oxygen to the muscles may also be increasing and that's why they can "run longer" without exhausting as quickly.



MAEVE SHARKEY

"I can run faster" and "I feel stronger"— Due to the resistance training, the boys' muscles are more responsive— not necessarily stronger— but the neural aspects of the training are certainly apparent. At their young age strength training was not done but they did high reps with low weight (toning) and this has improved neural pathways from brain to muscle. Simply put, the messages sent from the brain to the muscle telling the muscle to contract have gotten faster and stronger. Therefore they have an increase in speed

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