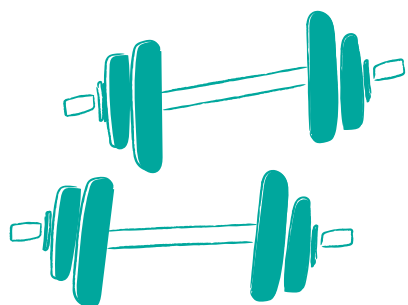


RESISTANCE TRAINING BENEFITS FOR PILOTS

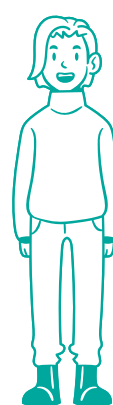


IMPROVED FOCUS

Any kind of resistance training is a great stress relief. As a result you can come away with a clear mind allowing you to focus on important and challenging tasks. You will feel calmer and more in control under stress.

REDUCED RISK OF INJURY & LOWER BACK PAIN

Putting your body through a resistance training plan conditions the body to become stronger and more stable. In the long term you will be able to move more freely with less chance of injury and stiffness.



GREATER CONFIDENCE & IMPROVED POSTURE

Development of important muscles such as the Trapezius in the mid-upper back will assist in good postural habits, giving a more confident appearance - Your uniform & clothes will fit better too!

ENHANCED FEELING OF WELL-BEING

Along with a confidence boost, you will feel better all round! Your immune system will be stronger, you are less at risk to high cholesterol levels & your metabolic rate will be increased. This means you burn calories more efficiently making it easier to lose weight & keep it off!



IMPROVED COGNITIVE THINKING

Studies have shown that a consistent resistance program enhances your ability between the ears. This includes better memory and sharper thinking. It also can delay the onset of age-related memory loss.

BETTER MOVEMENT CONTROL

Enhancing your speed, flexibility & strength has advantages you can bring directly into the workplace. Improved reaction times and quicker processing abilities will always make for a safer flight.

