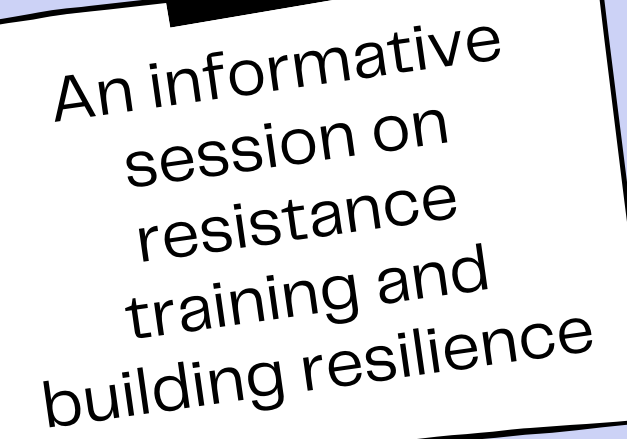


Jenny Smith – Physiotherapist, MCSP, SRP, HCPC Reg

Jackson Goodrum – Personal Trainer & Nutritionist MN.Nutr

Friday March 27th – 2026

Learn to Lift Well To Live Well

A black silhouette of a hand holding a white rectangular sign with a black border. The sign is tilted slightly to the right and contains text.

An informative
session on
resistance
training and
building resilience

Duffield Rackets & Fitness Club

Introduction

Jenny Smith – Physiotherapist, MCSP, SRP,
HCPC Reg

Jackson Goodrum – Personal Trainer &
Nutritionist MN.Nutr



Feel free to ask questions throughout the presentation.

We will also run a Q&A at the end!

Q Who are we?

Jenny



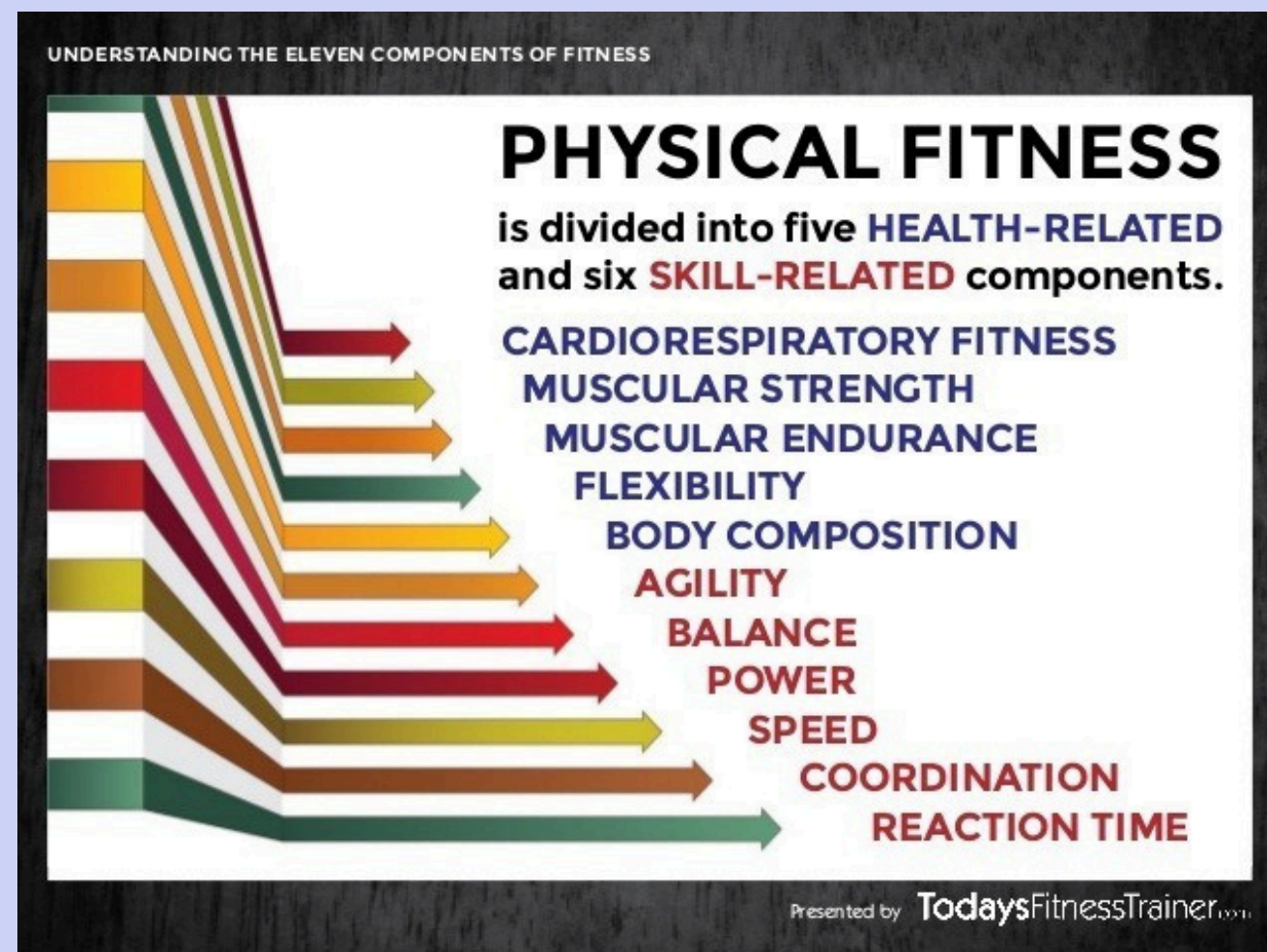
Jackson



Q Today's Agenda

- 1 Introductions
- 2 What is fitness & resistance training?
- 3 Barriers to activity
- 4 What happens as we age?
- 5 Differences – Men & Women
- 6 Exercise is medicine!
- 7 Where do we start?
- 8 Don't panic! everything has its place
- 9 Concluding Remarks + Q&A

What is Fitness?



Fitness is the ability to meet the demands of the environment and live a healthy, active life, often divided into health-related and skill-related components. It is the capacity to handle daily life with strength, endurance, and energy – without excessive fatigue.

What about **Resistance Training**?

Resistance training uses external load (weights, bands, or bodyweight) to challenge muscles, driving strength, endurance, power and growth through progressive loading over time.

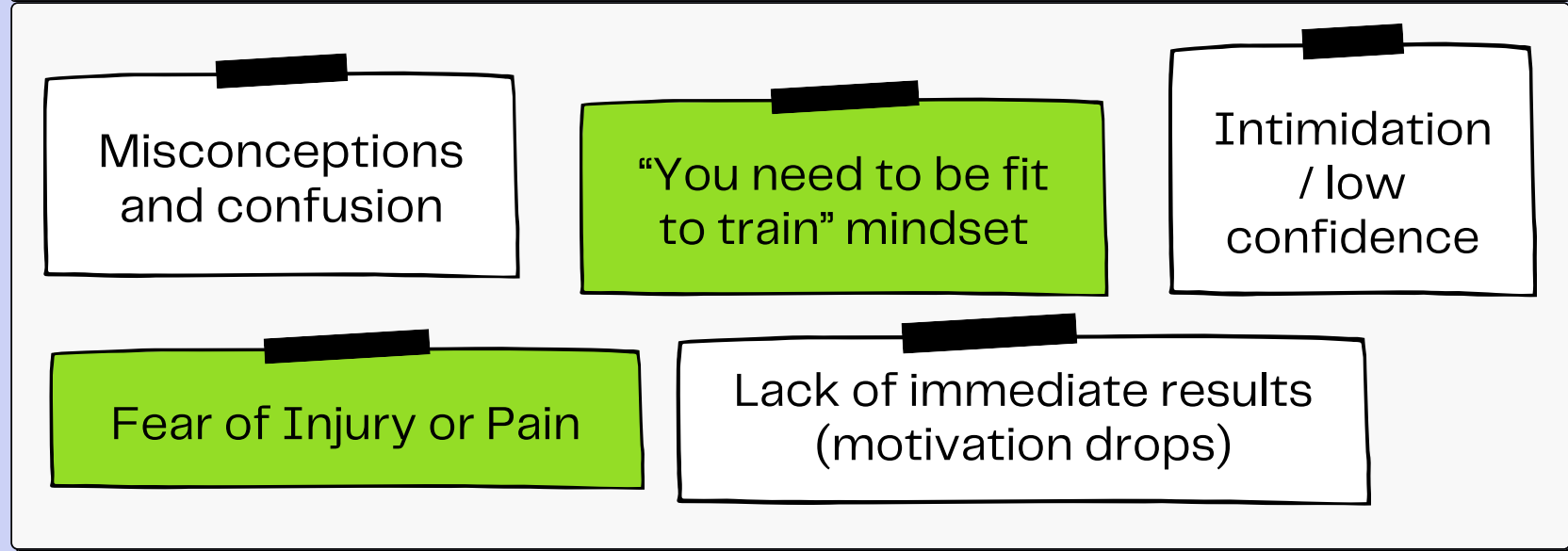


“Lean Muscle”
“Toning”
“Fat Burning Workouts”
“Light weights for definition”
“Long, lean muscles”
“Muscle confusion”

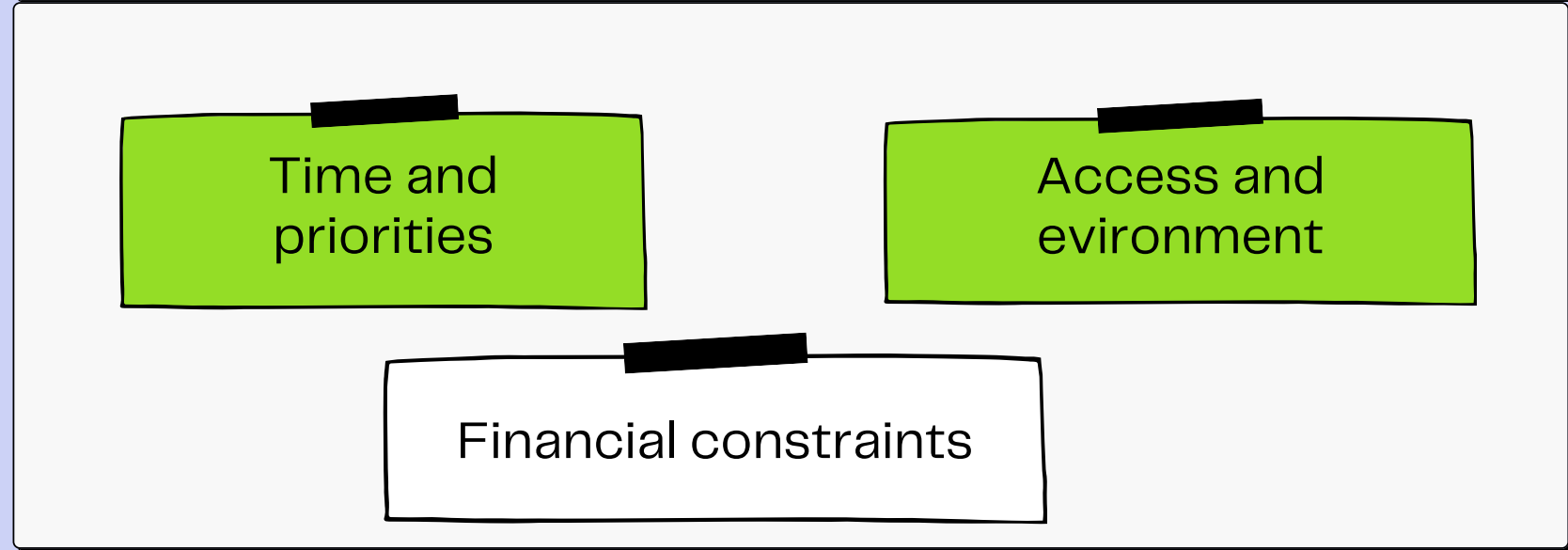


Barriers to Activity

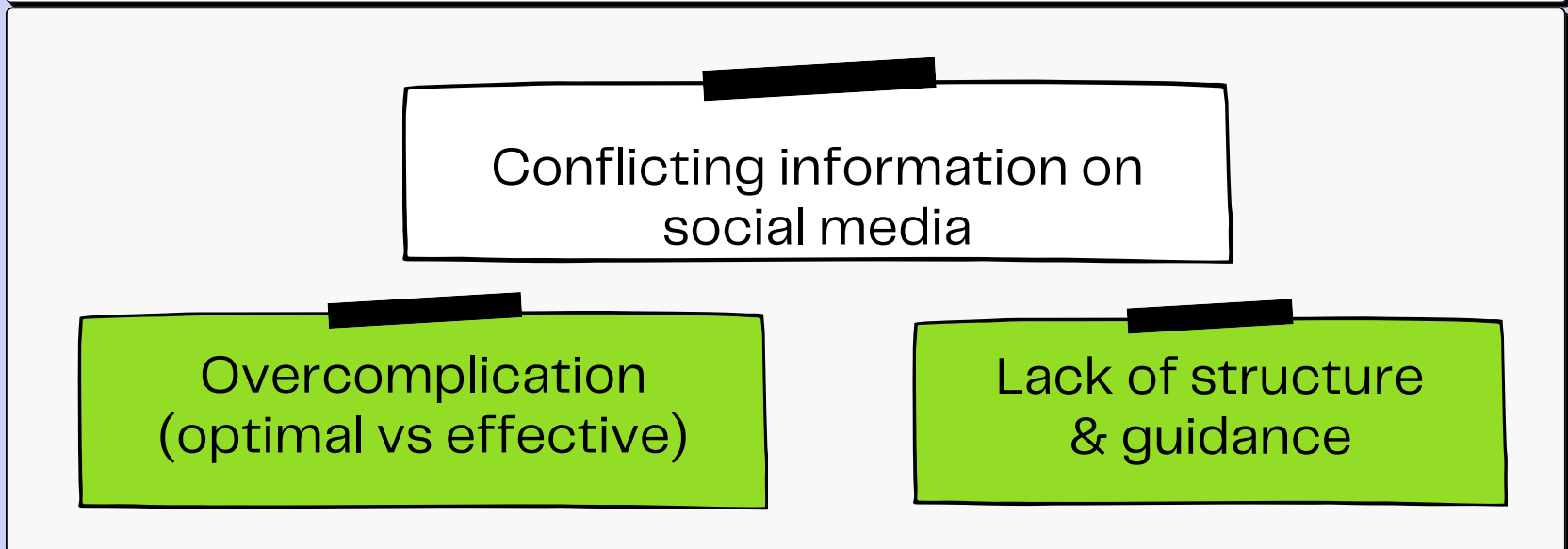
Q Psychological Barriers



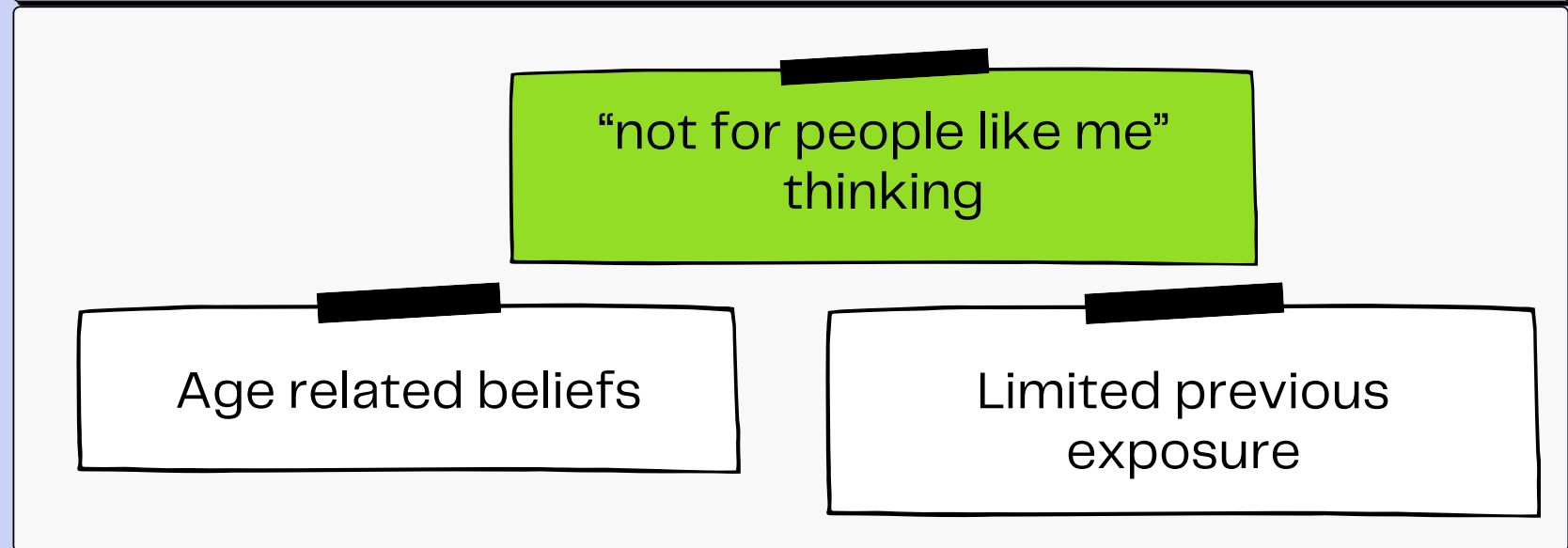
Q Practical Barriers



Q Knowledge & Guidance Barriers



Q Demographic & Identity Barriers



The Reality



Most barriers aren't physical – they're psychological, and they're often based on misinformation.

Effective training is far more time- and resource-efficient than people think.

People don't need more information to start – they need clear, simple direction.

Strength training isn't for a type of person – it's for everyone, at any stage.

Q BUT... do you know how old I am!?



It's normal to slow down as we age!

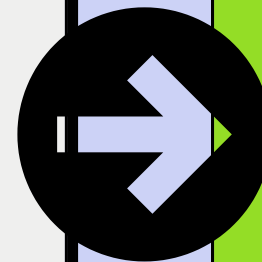
The reality of ageing...

- Slower recovery
- Stiffer tissues
- Slower adaptation

Remember aging is **inevitable**.

And yes... **it also depends** on socio-economic status, access, culture, environment, education etc....

It's normal... **but it's not a reason to stop.**



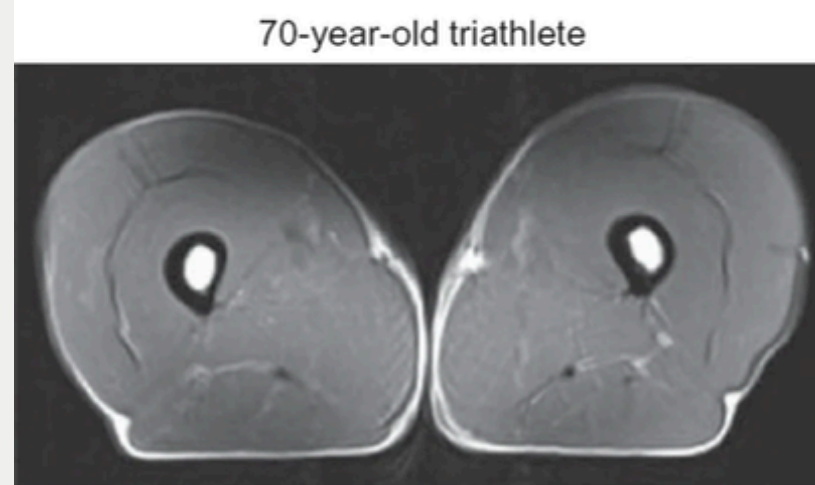
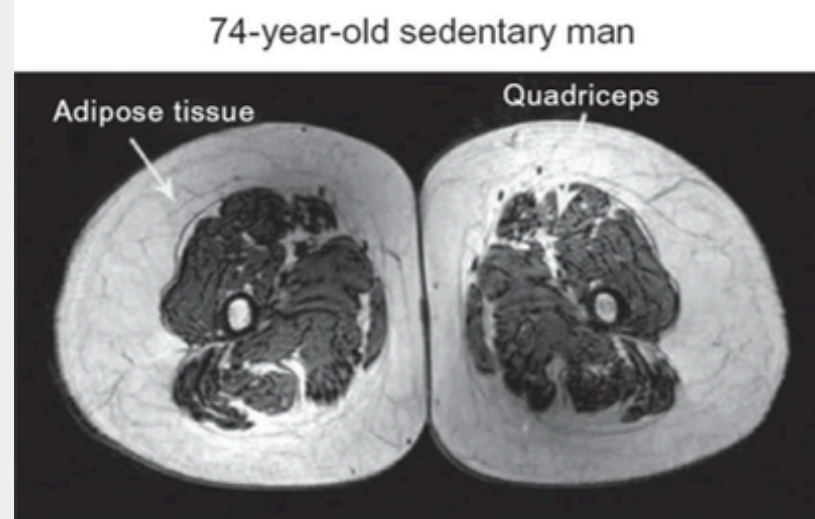
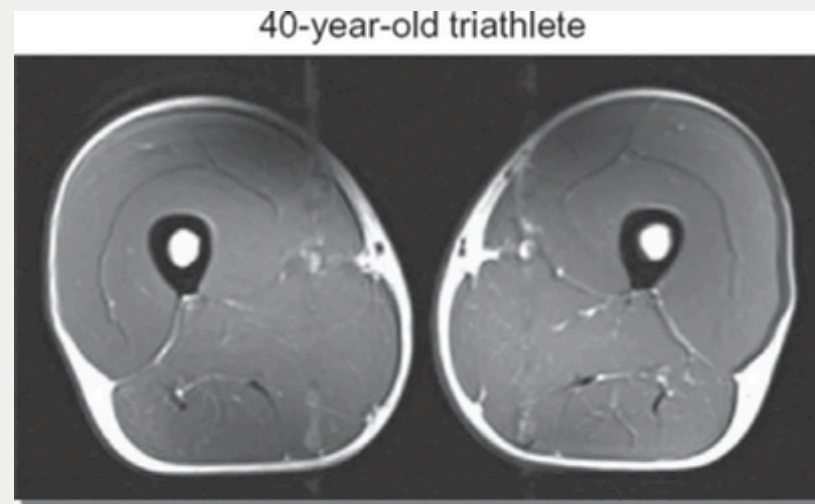
Chronological **vs** Biological Age.

Lifespan **vs** Healthspan

Resistance training is the key to a better quality of life.

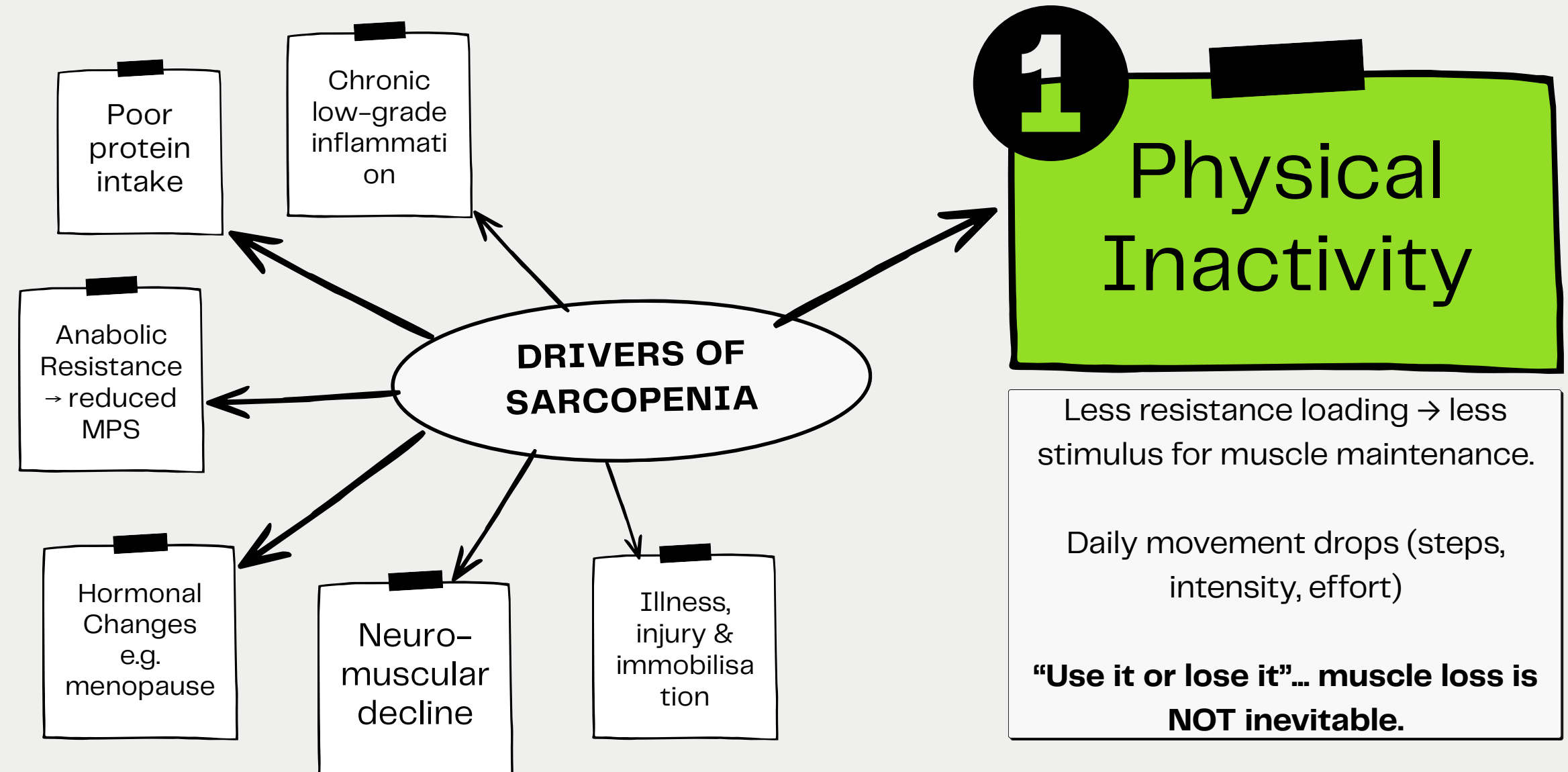
- Still train
- Still progress
- Just adjust the approach

**“Adapt your training —
don't abandon it.”**

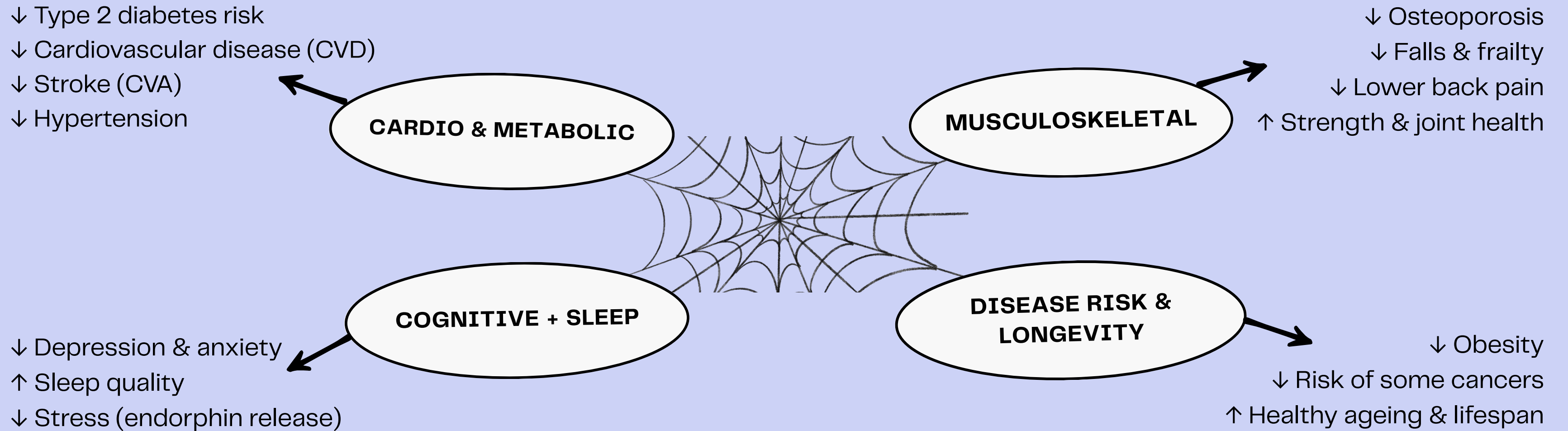


SARCOPENIA?!

Sarcopenia is the progressive loss of skeletal muscle mass, strength, and function with age.



Exercise is **Medicine**



Muscle is your insurance policy against chronic disease.

Women aren't JUST small men!

MEN

Can tolerate fasted training

Larger post-training nutrition window (~8 hrs)

More stable hormonal profile

Can respond well to “train hard, eat later”

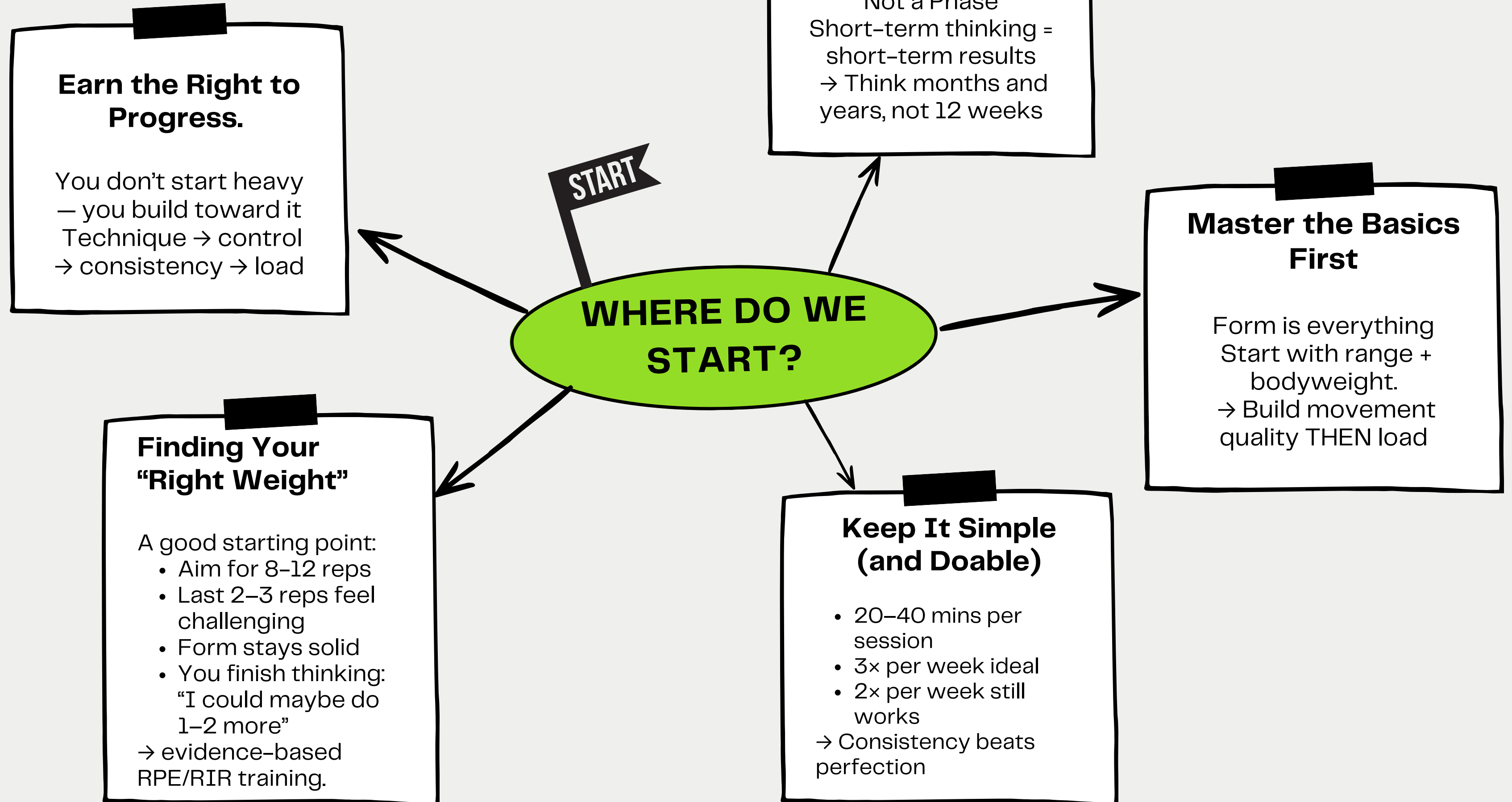
WOMEN

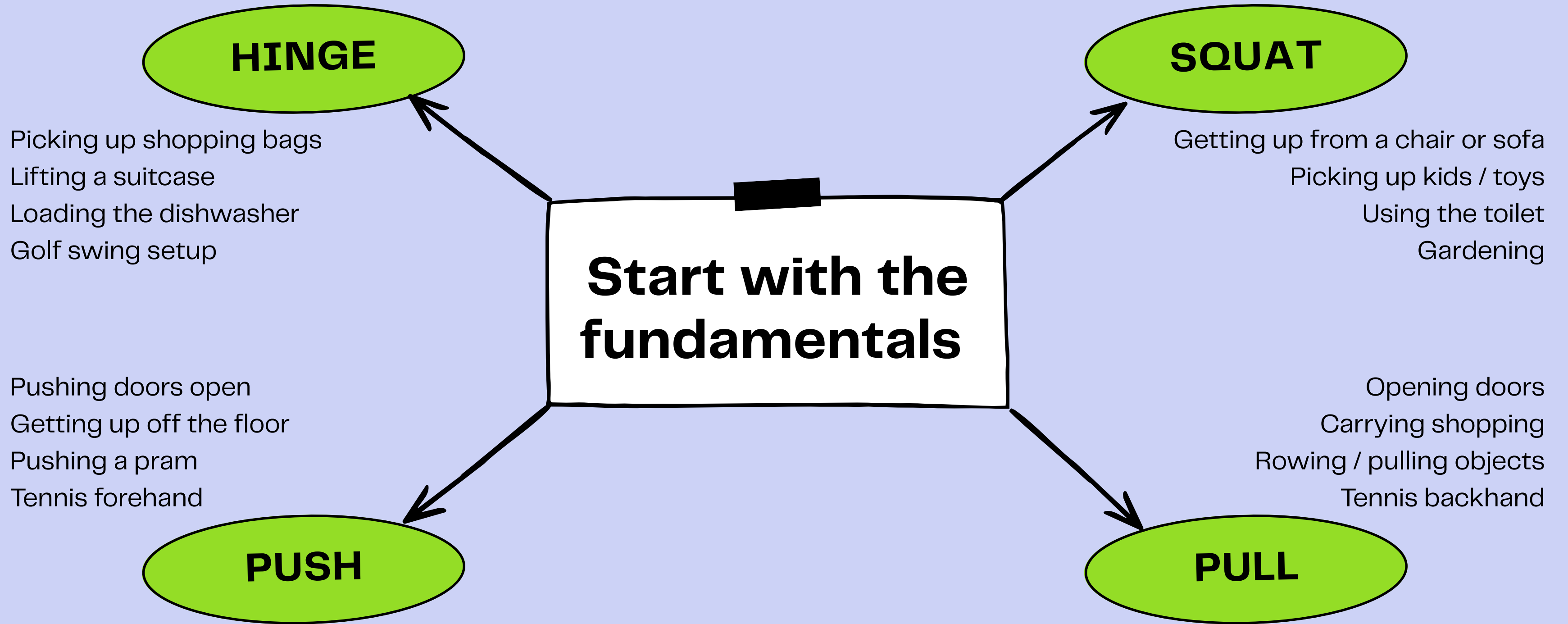
Fasting can ↑ cortisol & stress response. Greater need to eat early (within 30 mins of waking) & more quickly post-training (30–60 mins)

Strength training especially important for peri/ postmenopausal women... will replace the absence of oestrogen (anabolic) & plyo of progesterone (catabolic).

Fuel for your training and your physiology. You wouldn't expect a child to get through the day on a coffee and a protein bar.

Myth busting about protein... current RDA is essentially the amount of not to be malnourished. 1.5–1.9g per kg of body weight.





ON THAT NOTE... SHALL WE??

Q Don't panic! Everything has its place

WHAT YOU ENJOY (SOUL FOOD)

E.g. Yoga & Pilates

Feels good & reduces stress

Builds awareness & control

Great for mind & body

Introduces new movement

THE LIMITATION (REALITY CHECK)

Low load = limited adaptation

Largely isometric based

Minimal stimulus for
strength & muscle

Insufficient for longer-term
progression

BUILD PROGRESS & LONGEVITY

Progressive overload →
strength & muscle

Sufficient load =
physiological adaptation
over time

Essential for ageing well

To Conclude...

Resistance training is one of the most powerful tools for long-term health

- Know your own body & physiology – **age and/or gender shouldn't stop you!**
- Be critical of misinformation – **context and evidence matter**
- Progress requires challenge – **adaptation doesn't happen in comfort**
- The next step is yours – **how would you like support?**

That's a wrap!

Any
Questions?

Thank you for
participating.