

The SHOCKING Truth About Weight Lifting For Bone Health| Dr Manan Vora

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SUMMARY

Dr. Manandan Bora emphasizes the importance of resistance training, particularly for women, to maintain muscle mass and bone density as they age. He dispels the myth that weightlifting will lead to bulkiness, asserting that it promotes healthier weight gain and prevents osteoporosis, especially post-menopause.

- Weight training is crucial for women, especially those aged 28-45, to counteract hormonal changes that affect bone density.*
- Muscle is essential for overall body function and should be prioritized like financial investments for long-term health benefits.*
- Weightlifting helps preserve muscle mass during weight loss, which is more beneficial than losing weight through cardio alone.*
- Early menopause can lead to significant bone health issues; resistance training is a key preventative measure.*
- Calcium supplements alone are insufficient; maintaining muscle mass through strength training is vital for bone health.*
- Avoiding steroids and smoking, alongside maintaining an ideal body weight, is critical for preserving bone density.*

Why do I need to go to the gym? I'll become bulky. You really won't. It's not possible for you to become bulky unless you're on band substances. That's a different thing. You will just be putting on healthier weight in the form of muscle instead of fat. Hello and welcome to the Kids Stop Press podcast. Today on season 4, we're welcoming our first dad of the season. He's all of five months old in the parenting journey. He's a debutant author. He's also a health creator and an orthopedic surgeon. We're talking of none other than Dr. Manandan Bora who is also a health educator, co-founder of the new treeide wellness. He is also a PhD scholar in regenerative orthopedics and has been recognized with multiple awards including the prestigious Edinburgh surgery global scholar award.

When he's not treating joint pains, he's seen as creating some really informative and educational content on his Instagram handle which boasts of followers of upwards of 400K. So let's welcome Dr. Manon Bora. said a very important part of lifting weights and you know doing muscle and uh resistance training and I've I've read in the book and we obviously have close to about 80% women uh on our platform between the ages of 28 to 45 and Instagram can be so deceiving when you are seeing skinny women not doing resistance training when that's what's going to hold us later.

Absolutely. So talk to me about resistance training especially for women. Correct. Uh I think women need it

way more than men because men have a lot more testosterone that gives them that protection as well. Uh but women and in that age group if they incorporate weight training and resistance training uh your body will only thank you in your 50s 60s and 70s. Post menopause due to the hormonal changes bone density goes down. Osteoporosis is a very uh you know common thing that can happen to women with their bone density going down their fracture risk increasing they get a lot of joint pains bone issues uh all of this very simple to prevent just lift weights as soon as possible start lifting weights as soon as possible people need to understand that muscle is the currency of your body so just how you're constantly worried that what is my uh portfolio looking like in the bank whether it's your bank balance or your mutual fund or stocks portfolio.

Everyone keeps talking about these things in their 20s and 30s. Muscle is that amount in your body that it's only going to compound. That's only going to compound if you show up in the gym or you lift at home or you add some resistance. It's only going to compound over time and give you those benefits as you age. At the end of the day, you need muscle to do any function in life. So when those who are skinny, they think that oh my god, why do I need to lo, you know, why do I need to go to the gym?

I'll become bulky. You really won't. It's not possible for you to become bulky unless you're on band substances. That's a different thing. It's not possible for you to become actually bulky. You'll just be putting on healthier weight in the form of muscle instead of fat. Similarly, we have women who are overweight or even in the obese category who are just busy doing you know the elliptical and cardio thinking. Please understand that cardio is cardio for your heart. It's for cardiovascular health. Yeah, you need to lift weight and preserve your muscle mass because you can go from 80 kgs to 70 kg, but if you've lost majority muscle, that's not a healthy weight loss.

So, you need to preserve your muscle mass and lose the fat. So, whether you're skinny, whether you're even ideal body weight, whether you are at the other end as well, lifting weights is non-negotiable and it will be lifechanging once you start. Right. We've also had, you know, when we when we shared that we're going to have uh you on the podcast, we also had a lot of women who said that you're now seeing women hit menopause in their early 30s, right? Um and they're saying that if they're already there with their bone health to that of a 60-year-old in their 30s, what can be their course of action?

Again, weights, right? So, it's it's as simple as that. We can't keep consuming calcium supplements. That's not a solution. Right? So maintaining bone density is directly proportional to the amount of resistance you give your muscles and the amount of muscle mass that you have in your body. On the other hand, obviously being overweight or obese is a direct uh inversely proportional correlation with your bone density. So try and come in an ideal body weight as possible.

Is it possible? Absolutely. Just with strength training. Just with strength training, it's absolutely possible to actually mitigate all the risks and complications of lower bone density and osteoporosis only by starting weight training as early as possible. Everything else is osteoporosis management and it starts from a simple calcium vitamin D supplementation to a calcium nasal spray to different types of medicines and drugs. But they all come later once your bone density is already lowered. These are things you need to keep in mind to ensure your bone density doesn't get low in the first place. So four points would be weight training. Second would be ideal body

weight. Third would be avoiding any steroid use of any any type. And fourth is no smoking because all of these four if not followed takes your bone density down right away.

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