

WEIGHTLIFTING AND PARA POWERLIFTING FOR HEALTH AND WELLBEING

Weightlifting and Para powerlifting combines determination, dedication and extraordinary strength to lift increasing weight to progress through the competition. It is mostly performed indoors but can be done outdoors at any age and physical ability making it an inclusive activity for all.

COMMONWEALTH GAMES FACT:

Weightlifting debuted the Commonwealth Games in 1950 and Para powerlifting debuted in 2002. Watch them both at the Commonwealth Games in the NEC Arena.

General Wellbeing Benefits

Weightlifting and para powerlifting are moderate - vigorous intensity activities which means there could be many benefits to your wellbeing:

IMPROVES

Sleep
Mood
Confidence & self-esteem
Memory and cognition

REDUCES

Stress
Irritability
Loneliness & social isolation
Fatigue

General Health Benefits

In addition to being fun and something you can do with your family and friends it has benefits to your health:

REDUCES RISKS IN

Many cancers
Diabetes
Heart attack
Stroke
Dementia

HELPS & IMPROVES

Anxiety
Blood glucose levels
Cholesterol
Menopause
Joint & muscle pain

Studies have mainly focused on resistance training and have shown benefit for:

Blood pressure	Diabetes
Cardiovascular disease	Knee osteoarthritis
COPD	Depression
Anxiety	Cerebral Palsy
Reducing risk of falls	Parkinson's disease

Counts towards the UK Chief Medical Officer's recommended 150 minutes of moderate, 75 minutes of physical activity or 2 days of muscle strengthening per week

GET INVOLVED

Where you can get to learn how to weightlift or para powerlift:

- Home and garden
- Leisure and wellbeing centres
- Private gyms
- Schools, academies and universities
- www.sportbirmingham.org

Other weightlifting and Para powerlifting opportunities:

- This Girl Can
- We Are Undefeatable
- www.britishweightlifting.org



Birmingham
City Council

A BOLDER HEALTHIER BIRMINGHAM