



Since 2006



Fitting News

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Resistance bands have always been a favorite exercise tool for both trainers and their clients for their home, gym or while on vacation.



Short and Sweet – Long and Flat: What Are the Benefits of Using Resistance Bands?

When I go on a trip, I always pack exercise bands in my suitcase. Since they are portable and light, they weigh next to nothing, I don't have to worry that I will exceed the weight limit for my luggage. If I place them in my carry-on luggage and I have a layover during my trip, I pull out a set and use them at airport or wait until I get to my hotel and use them there.

History

The first recorded patent of bands was in 1895. It looked very similar to today's resistance band. It was a stretchy, handled, rope-type gadget invented in Switzerland by Gustav Gossweiler. A year later, in 1896, the United States caught on and patented their version.

This long piece of elastic was recommended as a portable and effective form of resistance (strength) training to use in place of heavy weights. Today, the assortment of bands ranges from long and flat rubber to tubing styles (narrow bands with handles) to short versa loops (bands that are approximately six to seven inches in diameter and three inches wide).

[Read More](#)



What's **NEW**

You Can't Resist!

Some of you may have noticed on Facebook that we're having a drawing to **win resistance bands** to those who sign up to receive "Fitting News". If you're interested in winning a resistance band, please send an email to lorim@lorimichiefitness.com with the subject line "I Want To Win" before August 31. We'll draw five names from those who respond—winners will be notified by September 15.

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For more consultation, blogs, exercise snack videos or to subscribe to this newsletter, sign up at www.LoriMichielFitness.com or call 818-620-1442

Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

