



Media Release – 14 August 2024

Longevity Inspired by Olympians: Leveraging Olympic Training for Everyday Fitness

Over the previous weeks the world has witnessed the incredible feats of athletes at the Paris Olympics. Upon reflection we are reminded of both the triumphs and challenges of peak physical performance. Many Olympians have had their quests for gold hindered by injuries, highlighting the importance of proper training and injury prevention for everyone, from elite athletes to everyday gym-goers. The Olympics not only showcased the physical demands placed on athletes but also underscores the critical need for preventive measures to ensure longevity in sports and exercise. It serves as a poignant reminder for all to consider our own long-term well-being through physical activity.

[Recent research published in Sports Medicine](#) reinforces the discussion that injuries are a common issue not only among the elite world-class Olympians, but also among all adult recreational athletes found in your local gym, courts or fields. Additional research published in [The Musculoskeletal Journal of Hospital for Special Surgery](#) supports the notion that adding supplementary gym training through methods of strength, power, endurance, and mobility training is an effective tool not only to enhance athletic performance, but to promote longevity and injury prevention. This research highlights the benefits of supplementary gym training as follows.

- **Maximum Strength Development:** Building maximal muscle strength, especially in the lower body and core, helps stabilise joints and supports proper biomechanics during athletic activities.
- **Explosive Power:** Training for explosive power enhances the ability to generate force quickly, which is vital for rapid movements such as jumping and sprinting. Improved power reduces the risk of improper athletic mechanics and other movements. Proper explosive power training also promotes neuromuscular efficiency, which contributes to better joint stability.
- **Bioenergetic Endurance:** Enhanced endurance of the energy systems allows athletes to maintain performance levels throughout the duration of a game or training session. Fatigue is a significant risk factor for injuries, as it can lead to poor form and decreased neuromuscular control. Improving bioenergetic endurance helps athletes stay strong and coordinated, reducing the likelihood of injury as fatigue sets in.
- **Mobility/Flexibility:** Exercises aimed at improving joint mobility and muscle flexibility help maintain a full range of motion, which is essential for proper movement patterns. Good flexibility and mobility reduce the risk of strains, sprains, and other soft tissue injuries by ensuring that muscles and joints can move freely and efficiently without being overstretched or overstrained.

In light of these findings, Exercise NZ encourages people to exercise, whether it be at home, at the park or in the gym. To ensure that you are receiving the best guidance and support, always seek advice from educated professionals, such as those registered with REPs (Registered Exercise Professional), who are qualified to provide informed and reliable recommendations. Whether you're an elite athlete or simply looking to maintain a healthy lifestyle, proper training and injury prevention are essential. Let the dedication and resilience of Olympians inspire you to prioritise exercise and take proactive steps towards a healthier, injury-free future. For more information on this release or to arrange an interview, please contact Richard Beattie at richard@exercisenz.org.nz or P: 0800 66 88 11, M: 027-520-5744.