

THE GENERAL HEALTH-RELATED AND METABOLIC BENEFITS OF STRENGTH TRAINING

**Andrei CIOBICA¹, Cezar HONCERIU¹, Dumitru COJOCARU^{1,2*},
Manuel PAULET¹, Alin CIOBICA^{1,3}, Florin TROFIN¹,
Daniel TIMOFTE³**

¹"Alexandru Ioan Cuza" University, Bd. Carol I, nr. 11, Iasi, 700506, Romania

²The Academy of Romanian Scientists,

³"Gr. T. Popa" University of Medicine and Pharmacy, 16 Universitatii Street,
700115, Iasi, Romania

*Corresponding author: Dumitru Cojocar, PhD, "Alexandru Ioan Cuza"
University, Bd. Carol I, nr. 11, Iasi, 700506, Romania,
cojocarudumitru.biochimie@yahoo.com

Abstract

Lately, as our research group also previously showed, there is increased awareness in understanding if actually exercise performing could be somehow protective against most of the neuropsychiatric disorders such as dementia, Parkinson's disease, anxiety, depression, autism, schizophrenia or substance abuse disorder. Moreover, unlike cardio respiratory fitness, the effects of muscular strength training or resistive-type exercise on physiological and psychological outcomes have been largely overlooked in the research community. Thus, the main purpose of this article is to summarize what is currently known about the influence of strength training performed by adults on general mental health manifestations, as those encountered on the aforementioned disorders, by focusing this time on the specific physical movement aspects such as dose response, intensity, frequency and volume when performing these strength training exercises.

Key words: exercising, health, metabolic and neuropsychiatric disorders.