

BENEFITS OF STRENGTH TRAINING

Exercise is a crucial piece of the staying healthy puzzle. But it's not just cardiovascular workouts like jogging and walking that are important—we also need to build muscle. Strength training (also known as weight lifting or weight training) builds muscle, bone strength and keeps your metabolism burning strong.

Think you're too old to start? Think again. One of the best ways to fight the weakness and decreased energy that comes with age is to prevent muscle loss. And the best way to prevent muscle loss? You got it, strength training.

According to Tufts University's Friedman School of Nutrition Science and Policy, strength training can also help reduce signs and symptoms of many chronic disease states.

ARTHRITIS- Reduces pain and stiffness and increases strength and flexibility.

DIABETES- Improves glycemic control.

OSTEOPOROSIS- Builds bone density and reduces risk for falls.

HEART DISEASE- Reduced cardiovascular risk by improving cholesterol levels.

OBESITY- Increases metabolism, which helps burn more calories and increase weight loss.

BACK PAIN- Strengthening back and abdominal muscles reduces strain on your spine.



Tufts University Healthy and Nutrition Letter, Getting Started with Strength Training, 2005.