



Resistance Training

The CDC recommends adults engage in strength training at least twice a week. However, studies show that only 25% of women and 35% of men in the US meet this goal. Strength training, also known as resistance training, is often associated with heavy lifting in the gym, but strength training is defined as “exercising a muscle or muscle group against resistance.” This means that even your body weight can provide the resistance. From preventing injury and improving mobility to burning fat more efficiently, the benefits of strength training are extensive. Whether you are new to strength training or a frequent flyer at the gym, check out the tips below to gain a deeper understanding of what strength training can do for you, and why you might want to include it in your weekly routine.

What Strength Training Can Do for You

Reduce risk of injury.

Strength training builds stronger muscles and stronger bones. This helps improving balance and mobility, and reduces risk of injury.

Recharge metabolism.

Strength training can increase your metabolic rate by increasing the amount of lean muscle in your body. This can help you burn fat more efficiently and lead to better management of body weight.

Manage chronic conditions.

According to the Mayo Clinic, strength training can reduce signs and symptoms of chronic conditions such as arthritis, back pain, heart disease and even depression.

Muscle Mass: Use It or Lose It

Age-related mobility limitations are common for many older adults. Walking, climbing stairs, or doing household chores are a few everyday tasks that are impacted by the loss of muscle mass. Studies show that strength training does not only improve functional mobility in older adults but also offers the following benefits:

- **Reduced risk of falls & hospitalization**
- **Increased bone density**
- **Decreased risk of obesity & weight gain**
- **Improved sleep and mental well-being**

