

Newsletter

Volume 9



WORKSITE WELLNESS TURKEY PROGRAM

# Smart Moves

## Strength Training



Perhaps when you think of strength training you automatically picture a bulky body builder. While strength training does affect body composition, it takes a tremendous amount of focused workouts to develop bulky muscles. Most females do not have the hormones and body structure needed to build bulky muscles. Males develop muscle tissue more easily than females, but don't develop bulky muscles without advanced workouts.

### TODAY'S AGENDA

- I. Weigh-in & record
- II. Welcome & celebrate success
- III. Newsletter Volume 9
- IV. Discuss strength training
- V. Simple strength training exercises
- VI. Next week — pack smart lunches

Inactive adults lose approximately one-half pound of muscle per year. Muscle tissue burns more calories than fat. When you increase muscle tissue you will burn more calories every day, even when your body is at rest. Regular strength training reduces the risk of some chronic diseases, lower back pain and even osteoporosis. With regular strength training you will notice your clothes fit better and you will have a leaner look.

Aim for 10 repetitions of strength building exercises that work your shoulders, back, chest, arms, abdomen, hip, thighs and legs at least two times per week. Weights, stretch bands or your own body weight can be used for resistance. Allow at least one day of rest between strength training workouts.



For a sample strength training program check out:

[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)