



live life well.



## TIP OF THE WEEK

### Why Strength Training is a Must for Everyone

1. Strength training is just what older bodies, even very old or frail ones, need to fight the loss of muscle and bone mass and strength
2. Everyone, no matter how young or old, should be doing some kind of regular strength training. This could be at the gym, or at home using very little equipment
3. Resistance bands and balls, small hand weights, water and even your own body weight can be used as resistance when designing a strength training program

**Here are some very important reasons strength training makes a difference in your quality of life:**

- **Improves your ability to do everyday activities:** The stronger your muscles, the easier it is to get groceries out of the car, get a package off of the top cabinet shelf, push the lawnmower, etc.
- **Improves your balance and stability:** The stronger and more resilient your muscles, the more balance is sturdier. This will help keep you safe in your daily activities and decreases the risk of falls or accidents.
- **Builds muscle strength:** Adults lose between five and seven pounds of muscle every decade after age 20. Strength training will help prevent this muscle loss, and rebuild what you may have lost.
- **Decreases your risk of osteoporosis:** Inactivity and aging can lead to a decrease in bone density, leading to brittleness. Studies have shown that consistent strength training can increase bone density and prevent osteoporosis.
- **Reduces blood pressure:** Strength training can be beneficial for the prevention and treatment of high blood pressure by strengthening the heart, allowing it to beat more efficiently.
- **Increases calorie burn:** Strength training increases the body's metabolic rate, causing the body to burn more calories throughout the day. This aids significantly in long-term weight loss.
- **Reduces low back pain:** Research has shown that strength training can increase low back strength and alleviate low back pain.

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