

Strength Training Benefits

There are many benefits to strength training. Strength training helps increase muscular strength. Muscular strength is the ability of a muscle to lift or resist a force against it.



Here are some of them:

- Builds your muscle strength and endurance
- Improves your balance and coordination, making a fall less likely
- Helps firm and tone your muscles
- Makes it easier to do chores such as carrying groceries, shoveling snow, or yard work
- Prevents muscle tissue loss that comes with aging
- Keeps bones strong
- Whether you have diabetes or not, it improves your body's ability to use insulin and maintain healthy blood sugar levels
- Helps your body burn more calories
- Takes stress off your joints
- Helps you lose weight and keep it off
- Protects your independence as you age

