



Benefits of Strength Training

- **Strength Training builds lean muscle mass which increases your metabolism.** Muscle tissue is very metabolically active. Therefore, the more muscle tissue you have, the higher your metabolism will be. This will allow you to burn more calories throughout the day, no matter what activity you may be doing!
- **Strength Training improves your balance and decreases your risk of falls.** While increasing muscle mass, the skills and techniques utilized in strength training also aid in improving overall balance and coordination. Stronger muscles gained by strength training also allow for greater overall support of your body.
- **Strengthening your muscles strengthens your bones.** Bone density increases as muscle mass increases. This is especially important for post menopausal women who are at a high risk for bone fractures due to conditions such as osteoporosis. Stronger bones decrease the risk of fractures.
- **Strength Training improves your mood.** Recent studies have shown regular strength training has the ability to make you a happier human being. The release of serotonin and endorphins has the potential to elevate your mood almost immediately. The effects of strength training on mood are so strong they can be even used to fight depression.
- **Strength Training reduces your cholesterol.** Strength training can be beneficial if you have high cholesterol. Regular strength training decreases your LDL (bad) cholesterol; reducing bad cholesterol is a very important component of having a healthy heart.