

# STRENGTH TRAINING

Strength training has a variety of health benefits, both physically and mentally. It can benefit your heart, improve balance, strengthen bones and muscle, and help you lose or maintain weight. And you can get the benefits of strength training just by using your own body itself, no equipment or gym membership needed!

## BENEFITS

- Improves strength to perform daily activities.
- Improves cardiovascular health.
- Increases bone density.
- Stabilizes and protects joints.
- Improves balance and coordination.
- Decreases risk of injuries and falls.
- Improves sleep quality.
- Improves anxiety and depression symptoms.
- Increases metabolic rate to help with weight loss.
- Decreases abdominal and total body fat.
- Improves blood sugars.
- Improves brain health.



## FREQUENCY

- Adults should aim to do moderate or intense muscle-strengthening activities that target all muscle groups at least 2 days per week.
- Children and adolescents should include muscle-strengthening activities 2-3 days per week as part of their 60 minutes or more of daily physical activity.
- You should give yourself a day in between strength training to allow your body to recover and rebuild the muscle.

## EXAMPLES

- **Body Weight Exercises:** Use your own body weight and the force of gravity to perform various movements (e.g. pushups, squats, planks, and lunges).
- **Resistance Bands:** Elastic bands that provide resistance when stretched.
- **Free Weights:** Equipment not bound to the floor or a machine, such as dumbbells, barbells, kettlebells, medicine balls, or objects around the house such as a gallon of milk or cans of soup.
- **Weight Machines:** Machines with adjustable weights or hydraulics attached to provide resistance and stress to the muscles.
- **Suspension Equipment:** Using ropes or straps anchored to a sturdy point in which a person uses their body weight and gravity to perform various exercises.

