Getting Started!

Strength Training

Benefits All Around

• Improve Strength
• Improve Body composition
• Improve Cardio Respiratory Endurance
• Helps reduce bone loss
• Helps prevent osteoporosis
• Helps prevent muscular deterioration
• Reduces risk of Heart Disease
• Reduces risk of Diabetes
• Reduces risk of injury, back pain and arthritis
• Improves Flexibility

CDC Recommendations

Adults should train each major muscle group 2 or more days each week

2 - 4 sets of each exercise
8 - 12 reps
48 hours of rest in-between sessions

Use Weight Machines, Dumbbells, Bars, or Body weight

Examples of strength training: lifting weights, gardening, climbing stairs, cycling, dance, resistance bands, yoga, push-ups, sit-ups, & squats, plus much more!

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