Getting Started!
Strength Training

Benefits All Around
- Improve strength
- Improve body composition
- Improve cardio endurance
- Helps reduce bone loss/osteoporosis
- Helps prevent muscular deterioration
- Reduces risk of heart disease
- 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 repetitions
- 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 and much much more!