

THE BENEFITS OF STRENGTH TRAINING

Exercise is good for your health and well-being. Strength training is part of a complete exercise program. As we age, we lose muscle-up to 50% between the ages of 20 and 90! Lifting weights can help prevent this from happening. No matter what your age, strength training can help you reap many rewards.

■ Benefits:

- Restores balance
- Reduces falls and risk for injury
- Strengthens bones
- Helps with burning more calories thus controlling weight
- Promotes better sleep
- Helps with positive changes in blood cholesterol levels
- Helps control blood sugar
- Helps you work harder and longer without getting tired
- Enhances work, recreation, and sports performance
- Assists with keeping a healthy state of mind
- Improves self image



Lifting weights can also help reduce the signs and symptoms of many diseases and chronic health issues such as:

- Diabetes
- Osteoporosis
- Arthritis
- Back pain
- Obesity
- Depression

■ Get Help

To learn the right way to lift weights and how often, you should get the help of a trained professional. Someone with a college degree in an exercise field or someone who is a certified personal trainer is the best to consult. You should also first get approval from your doctor before you begin any exercise program, especially if you have a health problem.

Choose Wisely, *Choose* HEALTH!

To learn more, visit the *Choose* HEALTH website at www.osfsaintfrancis.org [Select "Medical Services", "Outpatient Services", then "Wellness"] or call (309) 282-1624.

References: www.cdc.gov/physicalactivity/growingstronger/, www2.gsu.edu/~wwwfit/benefits.html#strength

* Teaching hand outs from OSF Saint Francis Heart Hospital are not medical advice nor are they to be used in place of proper medical care. If you have any questions or concerns about your health or well-being, please talk with your doctor or healthcare provider who knows you best.

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