

## EVERYONE NEEDS STRONG MUSCLES

- ◆ **Weight training means lifting free weights** such as dumbbells, working out on weight machines or working against other types of resistance (e.g., elastic bands)
- ◆ **Strength training can't turn fat into muscles**, but it can burn calories and help you shed body fat. A 30-minute workout burns about 200 calories.
- ◆ **Strength training builds muscles**, and muscle burns more calories than fat.
- ◆ **Strength training** helps increase bone density.
- ◆ **Strength training should be used** in addition to aerobic exercise (e.g., walking, swimming, running).
- ◆ **Just two or three 15- to 20-minute** strength training sessions a week can give you benefits.
- ◆ **Strong muscles not only improve** athletic performance, but quality of life in general. Whether you're carrying a child or a bag of groceries, strong muscles make it just that much easier (and help prevent injury).
- ◆ **It's never too late to start.** Studies have shown that even 90 year olds can improve their quality of life with strength training.

## WORKOUT TIPS

- **Start slowly** with light weights. Gradually increase repetitions, as well as weight.
- **One “set”** consists of 8 to 15 repetitions. Doing one set is good, but you'll get more benefit if you work up to two or three sets. Rest for a minute in between.
- **Work slowly and smoothly**—especially as you lower the weights.
- **Exhale while you lift** and inhale as you lower the weights.
- **Be sure** you tax your muscles, but don't overdo it.
- **If you feel breathless** or exhausted, stop. Mild discomfort or awareness that you're exerting yourself is okay.

