

# 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

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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!**