



Strength training goes a long way in terms of supporting bone health, making aerobic exercise more productive, preventing injury, and facilitating healthy aging

If you knew that a certain type of exercise could benefit your heart, improve your balance, strengthen your bones, and help you lose weight all while making you look and feel better, wouldn't you want to get started? Studies show that strength training can provide all those benefits and more. Strength training — also known as weight or resistance training — is physical activity designed to improve muscular fitness by exercising a specific muscle or muscle group against external resistance, including free-weights, weight machines, or your own body weight, according to the American Heart Association.

One of the best ways to stay fit and healthy as you age is by doing strength and power training exercises. You may know that starting in our thirties, we all begin to lose muscle mass. This loss actually contributes to achy joints, increased risk of injury, and the “middle-age spread” we all dread. What's more, the older we get, the faster muscle mass disappears. That means that eventually, simple tasks like getting out of a chair and climbing stairs can become more difficult.

Strength training can help you build muscle, make you strong, increase your endurance and make everyday activities easier. By combining strength and power training exercises you'll not only get stronger, you'll build speed and improve your reaction time. That's critical as you age, because it can help prevent falls.

What's important for everyone to know is that strength training is not just about body builders lifting weights. Regular strength or resistance training also helps prevent the natural loss of lean muscle mass that comes with aging (the medical term for this loss is sarcopenia). Strength training is an important part of your overall fitness and benefits people of all ages.



This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP) .