

# Benefits of Resistance Exercises:

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- Reducing the risk of numerous diseases and chronic conditions, among them: diabetes, osteoporosis, obesity, arthritis
- Increase strength and muscle mass (reverse muscle loss)
- Build stronger bones and increase bone density (stop, prevent, and reverse bone loss)
- Protect bone health for the future
- Development of better body mechanics
- Restoration of balance and coordination
- Improved posture
- Reduction of falls
- Reduced risk of fractures
- Improved sleep (falls asleep more quickly, sleep more deeply, awaken less often, and sleep longer)
- Higher metabolic rate = more calories burned throughout your day
- Proper Weight Maintenance
- Loss of body fat while increasing lean muscle
- Increased cardiac health (heart disease risk is lower when the body is leaner)
- Lowered heart rate and lowered blood pressure
- Reduced body aches and pains
- Arthritis Relief
- Improved Glucose Control
- Healthy State of Mind
- Boosts energy levels and improves your mood
- More self-confidence
- Great anti-depressant (elevate your level of endorphins)

Remember that with strength training your muscles need time to recover, so it should only be done on alternate days. Always take some time to warm up and cool down after strength training.