

Whether you use balls, bands, dumbbells or weight machines, strength training is ESSENTIAL to your overall health and wellness. When you train your muscles, you raise your base metabolic rate (the rate at which your body burns calories at rest). Therefore strength training aids in weight loss and maintenance, as well as giving your body a "sculpted" look! Strength training has other health benefits as well:

- Helps improve bone density (lessening the likelihood of osteoporosis)
- Lowers (bad) LDL cholesterol
- Raises (good) HDL cholesterol
- Helps improve posture
- Helps control blood pressure, when done with proper breathing
- Improves core strength and balance
- Reduces the risk of injury from falling, or from sports overtraining

Get healthy, get fit, get STRONG!

Margie Connolly,
Certified Personal Trainer
Wellness Coach