



Benefits of Strength Training

- ★ Improved muscle strength and tone
- ★ Weight management
- ★ Prevention and control of health conditions such as diabetes, heart disease and arthritis
- ★ Pain management
- ★ Improved mobility and balance
- ★ Improved posture
- ★ Decreased risk of injury
- ★ Increased bone density and strength
- ★ Reduced body fat
- ★ Increased muscle-to-fat ratio
- ★ Boosted metabolism (burning more kilojoules when at rest)
- ★ Improved sleep patterns
- ★ Increased self-esteem
- ★ Enhanced performance of everyday tasks