

Top 10 Reasons To Strengthen Muscles

- 1. Healthy bones:** Regular weight bearing exercise & strengthening work can prevent osteoporosis.
- 2. Great posture:** Strong muscles lift & hold your posture.
- 3. Fewer injuries:** With strong muscles, connective tissue also becomes stronger. This provides protection against injuries caused by weak ligaments, tendons & muscles.
- 4. Higher metabolism:** There's no better way to ↑ your metabolism than to develop muscle mass. Muscles burn calories even at rest.
- 5. Better sports performance:** Top athletes use resistance training to enhance their skills.
- 6. Faster rehab:** Strong muscles assist in recovery from injury.
- 7. Improved balance:** Regular strength training leads to better muscle control & balance.
- 8. Minimized body fat:** When you build muscle you burn fat. Keeping body fat down will add years to your life.
- 9. More fun:** Your quality of life is enhanced.
- 10. Prevents ailments associated with aging:** Conditions linked to old age are often a result of not exercising & eating poorly. By combining an exercise program of aerobic conditioning with strength training you can grow old gracefully.