Why Strength Train?

Muscle mass naturally diminishes with age. "If you don't do anything to replace the lean muscle you lose, you'll increase the percentage of fat in your body," says Edward R. Laskowski, M.D., a physical medicine and rehabilitation specialist at Mayo Clinic, Rochester, Minn., and co-director of the Mayo Clinic Sports Medicine Center. "But strength training can help you preserve and enhance your muscle mass — at any age."

Strength training also helps you:

Develop strong bones. By stressing your bones, strength training increases bone density and reduces the risk of osteoporosis.

Control your weight. As you gain muscle, your body begins to burn calories more efficiently. The more toned your muscles, the easier it is to control your weight.

Boost your stamina. As you get stronger, you won't fatigue as easily. Building muscle also contributes to better balance, which can help you maintain independence as you age.

Manage chronic conditions. Strength training can reduce the signs and symptoms of many chronic conditions, including back pain, arthritis, obesity, heart disease and diabetes.

Sharpen your focus. Some research suggests that regular strength training helps improve attention for older adults.

Source: http://www.mayoclinic.com/health/strength-training/HQ01710

© 2000 Randy Glasbergen.
www.glasbergen.com

GLASBERGEN

"I can offer you a generous starting salary and full medical benefits — but no flex time."

Cartoon used with special permission from glasbergen.com