



# Standing Firm Fitness Presents



## TOP 10 REASONS TO STRENGTH TRAIN!!

1. Muscle is more compact than fat, so you look leaner.
2. Strength training fortifies your bones and improves your flexibility, reducing the risk of osteoporosis and injury.
3. You can reap benefits just from as little a 25- minute workout twice per week. Better gains are made with 3 or 4 times per week.
4. Research shows that the stronger you get the more energetic and active you will become. Staying active is a key to optimal health, life enjoyment, preventing falls and remaining physically independent over your lifespan.
5. Strength training raises your metabolism by as much as 15%, so you can eat a few more calories per day to assure good nutrition and food enjoyment.
6. Reverses in age-related muscle loss and decreases in the risk of heart disease has been shown in many recent studies. In addition the risk of breast cancer, colon cancer and diabetes may be reduced. Studies have shown improved concentration and brain function as a result of exercise
7. It improves, posture, balance and body awareness, so you'll feel more stable while performing your daily activities.
8. It reduces stress and anxiety.
9. You fall asleep more quickly, sleep longer and more deeply from regular exercise
10. You feel stronger, which boosts confidence.

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Adapted by Chris Netto



STANDING FIRM FITNESS

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[www.standingfirmfitness.com](http://www.standingfirmfitness.com)