



Strength Training



Overview

This type of exercise focuses on developing muscles and burning calories. It's an important part of any overall fitness plan. It's especially helpful as we age, because our bodies weaken as we grow older. Let's take a moment to learn more.

Types of strength training

There are many forms of strength training. You can exercise at home or at a gym. You can use equipment like free weights or weight machines. You can use resistance bands. Or, you can just do things like pushups, pullups and squats, which use the weight of your own body.

Safety first

Before you begin a strength training program, you need to make sure you're healthy enough for the activity. So talk to your doctor. Ask them to suggest exercises that are safe for you. Before each training session, warm up for a bit to get your muscles moving. And don't try to do too much too soon. Start slowly, and listen to your body.

Strengthening over time

As you work out, you'll generally focus on one muscle group at a time. Your goal is to make your muscles tired. And after your muscles are tired, they need to rest. Always make sure you rest for the recommended period between workouts. Generally, your muscles will need a full day of rest between sessions. As your muscles rest, they will strengthen. Over time, you can see results with even just a few 20- to 30-minute strength training sessions per week.

Conclusion

For more info about the benefits of strength training, talk to your doctor.