

## Top Tips for a healthier lifestyle

### The benefits of... *strength and staying strong*

Staying strong can be easily achieved by regularly working all the body's muscles. It is important for general health and normal muscle function and doesn't mean you'll end up looking like the Incredible Hulk!

The benefits of strength training include:

- Increases strength and endurance of muscles so it is easier to do everyday activities
- Increases bone strength and density, reducing risk of developing osteoporosis in older age
- Helps improve posture and muscle balance
- Improves body composition (less fat) and tones muscles
- Decreases the risk of injury, especially in the lower back
- Increases the metabolic rate, burning fat faster
- Can help lower your blood pressure
- Improves balance and coordination
- Reduces risk of developing diabetes

The best way to get and keep strong muscles is to use some form of resistance training. This doesn't mean you have to lift weights like a bodybuilder. To stay strong you just need to use your muscles regularly. Many things can be used to provide resistance, including:

- Bodyweight exercises, e.g. press-ups
- Using rubberized resistance, e.g. fitstrips and bands
- Household items, e.g. cans of food, bottles of water, can be used as weights
- Anything that provides resistance - even lifting the kids or pushing a lawnmower

*Note: men are naturally stronger than women but strength is important for both.*

