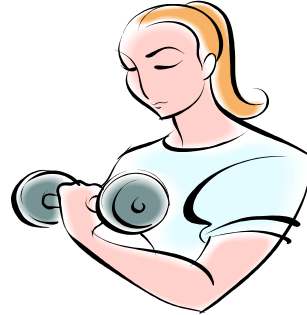


HEALTH TIP

Strength Training



Much has been written about the benefits of cardiovascular training. Until recently, however, little attention has been given to strength training, an important component of a balanced fitness program.

You do not need to be a body builder to benefit from strength training. A well-designed strength-training program can provide the following benefits:

Increased strength of bones, muscles and connective tissue (the tendons and ligaments), decreasing the risk of injury.

Increased muscle mass. Most adults lose about one-half pound of muscle per year after the age of 20. This is largely due to decreased activity.

Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate or BMR). As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight.

As general strength increases, the effort required to perform daily routines (carrying groceries, working in the garden) will be less taxing. (Source: American Council of Exercise)