

Strength training, also called resistance training, involves exercises that improve muscle strength and endurance. This includes lifting weights, using resistance bands, or doing body-weight exercises like push-ups.

Benefits

Stronger Muscles: Makes your muscles stronger and more powerful.

Better Bone Health: Increases bone density, reducing the risk of osteoporosis.

Weight Management: Helps in losing fat and maintaining a healthy weight.

Improved Balance and Coordination: Reduces the risk of falls, especially important as we age.

Boosts Mental Health: Enhances mood and reduces symptoms of anxiety and depression.

Better Heart Health: Lowers the risk of heart disease and improves blood pressure.

Increased Energy Levels: This helps you feel more energetic throughout the day.

Enhanced Insulin Sensitivity: Reduces the risk of type 2 diabetes.



Examples of Strength Training

Squats

What You Need: Just your body weight. Optionally, you can use dumbbells for added resistance.

How to Do It:

1. Stand with your feet shoulder-width apart, toes pointing slightly outward.
2. Keeping your back straight, bend your knees and lower your body as if you're sitting back into a chair. Keep your chest up and your core engaged.
3. Push through your heels to return to the starting position.



Push-Ups

What You Need: Just your body weight. A yoga mat can provide cushioning for your hands and knees.

How to Do It:

1. Start in a plank position with your hands slightly wider than shoulder-width apart.
2. Keeping your body in a straight line, bend your elbows to lower your chest towards the floor.
3. Lower down until your chest is just above the floor.
4. Push through your hands, extending your elbows to return to the starting position.



Bicep Curls

What You Need: Dumbbells of an appropriate weight for your fitness level.

How to Do It:

1. Stand with your feet shoulder-width apart, holding a dumbbell in each hand with palms facing forward.
2. Keeping your elbows close to your torso, bend your elbows to lift the dumbbells towards your shoulders.
3. Slowly lower the dumbbells back down to the starting position.
4. Repeat for the desired number of repetitions.

