

5 Reasons You Should Strength Train

1. DECREASE CHANCE OF INJURY

Weight training helps strengthen, not only your muscles, but your bones, tendons and ligaments. This overall increase in strength can help reduce or prevent the development of arthritis, osteoporosis, aging, injuries and other degenerative diseases.

2. GET MORE OUT OF LIFE

Building or maintaining your strength as you age will enable you to live a greater quality of life...for much longer. You will be able to participate and perform many activities which other elderly people can't.

People may be living 10-20 years longer, but they quality of life may not be good. Another 10-20 years of not being able to really take advantage of what life has to offer; even something as simple as playing with the grand kids, is really not living.

3. FASTER METABOLISM/PREVENT WEIGHT GAIN

Weight training builds muscle which speeds up the metabolism. This increase in metabolism means a lot more calories being burnt, which means it will be a lot harder for you to get fat.

4. FAT LOSS

Every pound of muscle we add burns an extra 50-100 calories a day. So, building muscle through weight training will also make it much easier to lose fat.

5. LIFE IS MUCH EASIER

Being strong will help you be more productive and cope easier with daily activities. This could only lead to you being more successful in every facet of your life. Whether in your career or social or personal relationships; the benefits of weight training far outweighs just looking better.