



# Strength Training: Important for Everyone

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Do you avoid strength training because you don't think it isn't necessary? Will bulk you up more than you would like? Isn't worth the time? Is only for body builders? Think again. Strength training is important for anyone desiring to be healthy and fit. When done in moderation it will actually slim your body and tone your body, not cause bulk. Body fat is way more bulky than is muscle! The main culprit for bulk is when people gain muscle mass under body fat. With a mix of a healthy diet, aerobic exercise and strength training you won't need to worry about this.

## **Here are some of the many reasons to strength train:**

1. Strengthens the bones. Resistance type exercise has been found to counteract osteoporosis by increasing bone mass density.
2. Raises the metabolism - the more lean muscle mass you have the higher your metabolism runs, everyday all the time, even when you are sleeping!
3. Lowers LDL cholesterol-a study had women work out with weight three times per week. After a 5 month period, the LDL cholesterol levels of these women dropped significantly!
4. Increases muscle endurance as while as strength
5. Certain types of arthritis are helped through increased muscle mass which means better supported joints.

6. Strong muscles move faster and more powerfully making aerobic exercise and everyday activities easier.
7. Guards against injury because stronger muscles are capable of taking more work load and being able to handle it.

*Black Hills Health and Education Center is a medical wellness retreat offering wellness programs and lifestyle change in a beautiful setting of the Black Hills in South Dakota. BHHEC is unique in that it offers a Christian based lifestyle program that includes everything from lodging and meals, physicals and comprehensive blood work, to daily treatments, exercise sessions with a personal trainer in the gym, classes presented by physicians, the Dietician, the Fitness Director, and other staff, cooking classes, sightseeing tours (Mt. Rushmore, Crazy Horse, Custer State Park Wild Animal Game preserve) and aquatics classes at the lovely swim center in Rapid City. Also included are counselling and stress-relief classes.*