

# 22 BENEFITS OF STRENGTH TRAINING

01

BETTER DAILY FUNCTION



02

IMPROVED JOINT LONGEVITY

03

MORE CONFIDENCE

04

LESS TRIPS TO THE CAR WHEN YOU CARRY SHOPPING BAGS

05

MORE ATHLETIC SHAPE



06

BETTER POSTURE

07

HELPS WITH FAMILY LIFE E.G. CARRYING KIDS

08

IMPROVED MOBILITY E.G. PLAY WITH KIDS, PICK THINGS UP FROM FLOOR



09

BETTER BALANCE

10

COME BACK FROM INJURY OR OPERATIONS QUICKER

11

MUMS AND MUMS TO BE HAVE AN EASIER TIME BEFORE AND ARE QUICKER RECOVERING

12

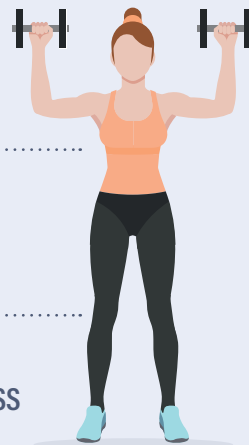
REDUCED RISK OF FALLS

13

STRONGER BONES

14

PREVENT MUSCLE LOSS AS WE AGE



15

MAINTAIN FUNCTION AS WE AGE

16

REDUCE DEPRESSIVE SYMPTOMS

17

IMPROVED QUALITY OF LIFE

18

INCREASED BODY AWARENESS

19

LOWERS BLOOD PRESSURE



20

IMPROVES BLOOD LIPIDS

21

MANAGE CHRONIC PAIN

22

HARDER TO KILL

