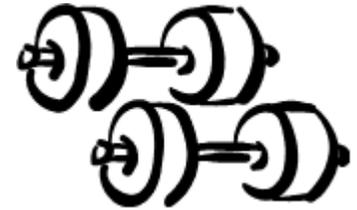


Strength Training Benefits



There are many benefits to strength training.
Here are some of them:

- Builds your muscle strength and stamina
- Improves your balance and coordination, making a fall less likely
- Helps firm and tone your muscles
- Makes it easier to do chores such as carrying groceries, shoveling snow, or doing yard work
- Prevents the loss of muscle tissue
- Keeps bones strong
- Improves your body's ability to use insulin and maintain healthy glucose levels (this is true whether you have diabetes or not)
- Helps your body burn more calories
- Takes stress off your joints

