

Benefits of Strength



Improves muscle strength and tone

Improves
muscle
strength
and
tone



Increases bone density

Increases
bone
density



Improves balance and coordination

Improves
balance
and
coordination



Reduces risk of injury

Reduces
risk
of
injury



Improves posture

Improves
posture



Increases metabolism

Increases metabolism



Helps manage chronic conditions

Helps
manage
chronic
conditions



Strength training provides numerous health benefits, including improved muscle strength, increased bone density, improved balance and coordination, reduced risk of injury, improved posture, increased metabolism, and helping to manage chronic conditions.

Strength
training
provides
numerous
health
benefits,
including
improved
muscle