<ul>

            <li>Lifting weights has numerous benefits for both your physical and mental health:</li>

            <li>Muscle Growth and Strength: Lifting weights promotes <br> muscular growth, which boosts metabolism and helps

              with weight management.</li>

            <li>Bone Health: Weight lifting can decrease the risk of osteoporosis <br> and supports overall bone health.</li>

            <li>Improved Metabolism: Regular weight training can increase your metabolic rate,<br> helping you burn more

              calories and manage your weight.</li>

            <li>Reduced Injury Risk: Strength training can improve your strength and flexibility, <br> and decrease your risk

              of injury and falls.</li>

            <li>Improved Heart Health: Regular strength training can improve heart health.</li>

            <li>Mental Health Benefits: It can also improve mental health by lessening the signs of worry and despair.

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