

# Healthy muscles make a healthier life

Increasing your muscle fitness can have many benefits. You'll notice heavy grocery bags are easier to carry. Picking up children won't cause as much strain. You may even find that you can hold heavy items longer before becoming too tired to continue.

## Why do healthier muscles matter?

Besides building strength and protecting joints, muscle fitness has many benefits:

- Less body fat
- Stronger bones
- Better posture and balance
- Lower blood sugar
- Less stress and body aches
- More energy
- Muscles that can work longer before getting tired

A personal program to increase muscle fitness might include:

- **Basic exercises** like push-ups, leg lifts and other common exercises
- **Resistance training** that makes your muscles work against something like weights or rubber tubing
- **Training with dumbbells** and other weight-training equipment
- **Heavy housework or yard work**, such as scrubbing the bathroom or tilling the garden

**See other side to start a weight lifting program**



“Fitness is not a destination. It is a way of life.”

# Ready to get started?

Weight training or other resistance training can be a fun way to  
**BUILD STRENGTH.**  
Hope you enjoy it!



Start with professional instruction



Try to work slowly, using a full range of motion



Be sure to warm up



Think about proper breathing when weight training



Learn proper form and always use it

Try to vary your program



## BEFORE YOU START

Before starting a weight lifting program, you might want to check with your doctor. This is extra important if you have high blood pressure, heart disease or joint problems.



This information is adapted from a Healthwise article and is not intended to replace the advice of a doctor. Healthwise is not responsible for the decisions you make based on this information. ©1995-2015 Healthwise, Inc.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc. ©2015 ActiveHealth Management, Inc. All Rights Reserved. 05/2015