

# SEPTEMBER WELLNESS: STRENGTH TRAINING BENEFITS



You may know that strength training is beneficial because it makes muscles strong enough to perform physical activities and daily tasks. You may also know that strength training is a key factor in keeping bones healthy. However, it may not be as well-known that strength training can also have a positive impact on well-being through aspects such as: reducing anxiety, reducing the risk of falling, lowering cholesterol, and more. An article through Healthline, written by Katey Davidson, MScFN, RD, CPT and medically reviewed by Jared Meacham, PhD, RD, CSCS, lists 14 benefits.

In the article, it outlines that [Strength Training](#):

1. [“Makes you stronger”](#): Strength training helps you to participate in tasks in your daily life, and it enhances athletic performance.
2. [“Burn calories efficiently”](#): By building muscle, strength training increases metabolic rates.
3. [“Decreases abdominal fat”](#): Strength training can reduce total body fat, including fat found around that abdominal area.
4. [“Can help you appear leaner”](#): Through losing body fat and increasing muscle mass, a leaner appearance will result.
5. [“Decreases your risk of falls”](#): Building strength, especially in leg muscles, has been shown to decrease the chance of falling.
6. [“Lowers your risk of injury”](#): Strength training can help reduce injuries by improving range of motion and mobility; as well as enhancing strength around major joints.
7. [“Improves heart health”](#): Strength training has been shown to decrease blood pressure and lower cholesterol.
8. [“Helps manage your blood sugar levels”](#): Studies have shown that strength training may lower the risk of developing diabetes, and may help those who have diabetes.
9. [“Promotes great mobility and flexibility”](#): Strength training, performed with the proper form, can increase your range of motion and make you more flexible.
10. [“Improves mental health”](#): Studies in youth have associated strength training with high self-esteem and physical self-worth.
11. [“Makes your bones stronger”](#): A message is sent to cells to rebuild stronger bones, after temporary stress is put on the bones from the weight-bearing exercise.
12. [“Boosts your mood”](#): Strength training has been linked to reduced anxiety and enhanced moods.
13. [“Improves brain health”](#): Studies have indicated improved memory with strength training.
14. [“Promotes a better quality of life”](#): Studies have shown that older individuals who participate in strength training have an increased perception of physical and mental well-being.

To learn more about each of these benefits, and to learn how to implement strength training into your exercise regimen, click here: [14 Benefits of Strength Training](#)