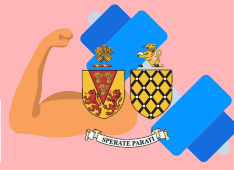


THE IMPORTANCE OF IMPROVING YOUR STRENGTH



BENEFITS OF STRENGTH TRAINING



Everyone should be including strength training in their workout programme in order to:

- Boost self-esteem
- Lower the risk of injury
- Promote mobility and flexibility
- Make your bones stronger
- Fasten your metabolism

Strength training makes every day movements like carrying shopping bags and getting out of bed easier.

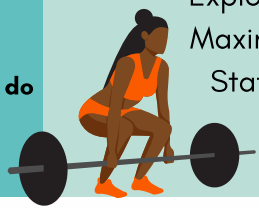


Can you think of everyday tasks you do that require strength?



TYPES OF STRENGTH

- Endurance
- Explosive
- Maximal
- Static



FALSE

STRENGTH TRAINING MYTHS

TRUE

1. If you strength train you get 'bulky'
2. Cardio burns more calories
3. "It's a guy thing"



1. Combined with the correct diet, strength training can tone and sculpt your body
2. Strength training continues to burn calories after the activity has finished
3. Strength training is proven to have benefits for women across all ages



Use household items as weights

Body weight exercises
See below



Divide workouts into manageable sets and reps.

$$3 \times 12$$

If you're new to strength training, start by using bodyweight exercises. Bodyweight exercises are great for building muscle and require no specialist equipment. They can be easily modified to suit all abilities. Here are a few examples to get you started:



Tricep dips



Squats



Press ups



Sit ups

SET YOURSELF A GOAL

Goals give you something to work towards, keep you motivated and allow you to track progress. We recommend using SMART targets to set your goals.



THE WELLBEING HUB

