

Resistance training helps to increase muscle strength. It's best to use body weight resistance before adding weights.

Strength training can help to:

- Improve overall fitness.
- Make bones stronger.
- Improve mental health.

If you are using dumbbells, be sure to use a weight that allows you to use proper form for 8-15 repetitions. Once you have mastered the technique, slowly increase the weight.

Strength training is safe when done with proper form. If you are interested in learning how to safely lift weights, most gyms or recreation centers offer a free session to introduce you to equipment and teach safe weight lifting practices.

Give the 9-minute strength workout a try if you'd like to incorporate strength training.



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group