



WEIGHT TRAINING?... BUT I'LL GET BULKY!

TRUST US YOU WON'T!

Resistance training is an excellent choice for regular exercise in your life. Not only does it help strengthen and build muscles, but it also strengthens your bones, ligaments and tendons.

Increased strength and muscle mass also help reduce the likelihood of injury; whether that is from catching yourself falling, preventing your joints from dislocating or preparing for heavier daily activities.

RESISTANCE WEIGHT TRAINING HOW IT CAN HELP YOU

You are **NEVER TOO OLD** to start resistance training!

Resistance training has so many benefits, to name a few it can help:

- 1 - Preserve and increase both muscle and bone strength.
- 2 - Lose fat. Those who participate in both cardio and strength training tend to shed more fat than those who just do cardio-based exercise.
- 3 - Decrease pain associated with muscle imbalances.
- 4 - Manage chronic diseases like arthritis, diabetes, and heart disease.

Engaging in a **Full Body Resistance Training Program** 2 to 3 times a week is an excellent way to improve your body.

Exercises like squats, pushups, cable/dumbbell rows, shoulder presses, lunges, and core exercises such as crunches, planks or mountain climbers will help get you started.

The best news is you don't have to invest in expensive equipment or gym passes to get started.



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