



**EXERCISE IS MEDICINE:
Resistance Training**

Resistance training is defined as a type of exercise that uses external forces to cause muscle contractions to strengthen, tone, build mass or endurance.

Resistance Training Benefits

- Decreases risk of injury
- Builds lean muscle
- Decreases risk and/or may help improve chronic disease
- Enhanced quality of life
- Improves joint flexibility
- Improves balance
- Lowers visceral fat
- Improves anxiety and depression
- Improve cognitive function

Resistance Training Exercises

Body Weight – Hand Weights – Kettlebells – Resistance Training – Strength Machines

Resistance Training Recommendations

Adults age 18 and up are recommended to engage in strength training 2-3 days per week for each major muscle group

2-4 sets of exercises per muscle group

8-12 repetitions

***Please remember you should always receive exercise clearance from your provider before participating in an exercise program.*