



American Heart Association

Healthy for Good™



FIND YOUR STRENGTH

Include resistance training in your fitness routine.

Essential element of exercise.

Strength (or resistance training) is one of the four main types of exercise:

Endurance



Strength



Balance



Flexibility



A **strong** recommendation.

The American Heart Association recommends moderate to high-intensity muscle-strengthening activity at least twice a week. You can add this to your cardio (endurance) exercise days, or do it separately.



All kinds of benefits.

Strengthening your muscles benefits your body in many ways:



It helps protect your body from injury.



It leads to a higher metabolic rate, so you burn more calories.



You retain the ability to perform everyday activities as you age.

Not about bulging biceps!

Your goal is to remain strong and healthy — not bodybuilding at Venice beach. Find simple exercises you enjoy, using free weights, machines or your body's own weight.



Make strength a habit. heart.org/habits

Check out our six short "Habit Coach" videos for advice on sticking with your resistance training routine.

#MoveMore
Join the movement at
heart.org/MoveMore

EAT SMART MOVE MORE BE WELL