



**Aurora Health Care®**

## **Weight training can provide multiple benefits**

*Information for this article was provided by Aurora Sports Medicine Institute. For more information, call the Sports Medicine Hotline™ at 219-7776 or 1-800-219-7776 or log on to [www.Aurora.org/SportsMedicine](http://www.Aurora.org/SportsMedicine)*

Many people get into weight training to improve their looks, but it also can improve your health. Here's how:

**Increased bone density.** Weight training can increase bone density, which in turn strengthens bones. Strong bones can help prevent fractures and osteoporosis, a disease characterized by low bone mass and the deterioration of bone tissue. There is evidence that combining a proper diet with resistance training may help reverse some of the bone loss associated with osteoporosis.

**Improved body composition.** Weight training can decrease body fat while increasing muscle mass. Add cardiovascular training and good nutritional practices to this activity and you're on your way to improving body composition.

**Increased metabolism.** It is estimated that for every 1-pound increase in muscle mass, your resting metabolism rises by 30 to 50 calories. That's good news for individuals trying to lose weight! By replacing 5 pounds of fat with 5 pounds of muscle, you can increase your metabolism by up to 250 calories per day. On the other hand, the loss of 5 pounds of muscle due to aging or inactivity means that your body is burning 250 fewer calories. *(Please note: Because everyone's metabolism is different, these numbers are estimates only.)*

**Improved physical fitness.** If you think weight-lifting is only for athletes, you're wrong! Who picks up your dog's 25-pound bag of food? Or carries their child or grandchild? Weight training can help people accomplish daily activities with greater ease and comfort.

**Injury prevention.** Keeping your muscles toned can help prevent a host of injuries. When strengthen your muscles, you are preparing your body to function in unexpected situations. Whether you're catching yourself from falling on the ice or reaching into your trunk to lift a heavy bag of groceries, stronger muscles will help keep you injury-free.