



EFS PERSONAL TRAINING

# Energize Tips

## Benefits of Resistance Exercise

Besides increasing adding definition to your muscles and give you a more toned-looking body, resistance training has many other benefits.

**Weight loss:** not only does it help in shedding pounds, resistance training helps you to maintain weight loss.

**Protects bone health and muscle mass:** after puberty, we lose about 1% of our bone health every year. Resistance training and prevent and even reverse this loss.

**Plays a role in disease prevention:** studies have documented the many wellness benefits to resistance training, including a reduced risk of diabetes

Different forms of resistance training include free weights, weight machines, resistance bands and your own body weight. Beginners should do some form of resistance training 2 or 3 times each week; start with around 8 exercises doing 3 sets of 8-12 repetitions of each.