

5 simple ways to

Build Strong Muscles at Every Age

Do you think strength training is just for bodybuilders? Think again! Strength training is for anybody. It helps you look more toned, be stronger and have better endurance. It is for young and old, men and women, serious athletes and folks who just enjoy being in the outdoors.

1. Strong muscles for children.

Even young children can be more fit with strength training. But they don't need to train in the gym with weights or machines. Experts say that kids should build their muscles by playing. The Centers for Disease Control and Prevention (CDC) suggests doing gymnastics, playing on a jungle gym or climbing trees.

2. Strong muscles for teens.

Training with weights, machines or resistance bands can help teens get stronger. It will build endurance. Strength training can also improve sports performance. But remember that teens are still growing. To be safe, they should work with a youth trainer or coach. Ask for help in a school training room, through a sports club or at a local YMCA.

3. Strong muscles for adults.

The CDC says adults should do strengthening exercises two days a week. Be sure to hit all the muscle groups! These are your legs, hips, back, chest, abdomen, shoulders and arms. You can do exercises at home or at the gym. Watch short videos from the CDC about the safe way to do popular exercises at www.cdc.gov/physicalactivity/everyone/videos/index.html#MuscleHome.

4. Strong muscles for older adults.

Some of the best news is for older adults who want to get stronger. In your 70s? 80s? 90s? It's not too late! Research shows that you can still build or maintain strong muscles and lean body mass. Strengthening activities can help prevent the muscle loss related to age. Try light weight lifting, resistance bands, yoga or Pilates. Gardening, yard work or mowing the grass count, too!

5. Strong muscles for people with disabilities.

If you have special needs, strength building has special benefits. It can help prevent muscle loss or injuries. In some cases, it may slow the progression of a disease or condition. Trainers can create programs to meet your goals. Get started with a visit to www.health.state.ny.us/nysdoh/fun/0954.htm.



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