



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](https://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](https://heart.org/MoveMore)

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