



5 Simple Ways to Build Strong Muscles at Every Age

If your idea of strength training is an over-muscled bodybuilder, think again! Actually strength training is for anybody who would like to look more toned, be stronger, and have greater endurance. It is for young and old, men and women, serious athletes and folks who just enjoy being in the outdoors. **Strength training is for every body!**

1. Strong muscles for CHILDREN

Even kids can feel better and be fitter with strength training. Before puberty, experts suggest focusing on play rather than on training with weights or gym machines. According to the Centers for Disease Control and Prevention (CDC), younger children do best when they strengthen their muscles by doing gymnastics, playing on a jungle gym, or climbing trees.

2. Strong muscles for TEENS

Once teenage bodies begin to make hormones, training with weights, machines, and/or resistance bands can help them get stronger, build endurance, and perform better in sports. However, since adolescents are still growing, it's important for them to work with a youth trainer or coach - in a school training room, through a sports club, or at a local YMCA.

3. Strong muscles for ADULTS

For healthy adults, CDC recommends strengthening activities at least 2 days a week. These should work all major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) and can be done at home or in gym. Visit the CDC web site for short online videos about proper techniques at www.cdc.gov/physicalactivity/everyone/videos/index.html#MuscleHome.

4. Strong muscles for OLDER ADULTS

Some of the best muscle strengthening news is for older adults. Research shows that it is possible to build or maintain strong muscles and lean body mass in your 70s, 80s, and even the 90s. Activities that can help prevent the typical age-related muscles loss include light weight lifting, resistance bands, yoga, pilates, gardening, yard work, and snow shoveling.

5. Strong muscles for PEOPLE WITH DISABILITIES

Strength training offers special benefits to any body with special needs. It can help prevent muscle loss, injuries, and, in some cases, may slow the progression of a disease or condition. Experienced trainers can help create specific programs for any disability. For tips on how to **Adapt the Fun for EVERYONE**, visit www.health.state.ny.us/nysdoh/fun/0954.htm.