JULY 2009

TIP OF THE MONTH: Weight Training

Regular weight training does more than just build better muscles; it builds a better, healthier body.

Several new studies confirm the benefits of mild-to-moderate resistance training, which includes reduced blood pressure, lower LDL ("bad") cholesterol levels and higher HDL ("good") cholesterol levels, all of which improve cardiovascular health overall.

Weight training is also believed to improve the way the body processes sugar, which could reduce the risk of developing diabetes.

Another study examined the effect of weight training on osteoarthritis, a common condition among older adults that affects balance and increases the risk of falling.

This study and others confirm that exercise of any kind improves strength, gait and ability to perform activities of daily living among older adults with osteoarthritis, and, in many cases, reduces the pain associated with the disease.