

Resistance Training



What is Resistance Training?

Also called strength training or weightlifting, it is a type of exercise that uses external resistance to make muscles contract. Examples include **barbell squats, machine presses, or bodyweight pushups.**

What is Recommended?

As per the **Canadian 24-Hour Movement Guidelines**, aim to perform muscle strengthening activities using major muscle groups **at least twice a week.**

Benefits



01 Improves Cardiovascular Health

Lowers resting systolic and diastolic blood pressure and boosts blood circulation.



02 Reduces Risk of Diabetes

Improves glycemic control and insulin sensitivity, with reductions in HbA1c levels.



03 Strengthens Bone Structure

Increases in bone mineral density, and associated with reduced fall and fracture risk.



04 Builds Healthy Lean Muscle Mass

Reduces sarcopenia, and improves physical functional performance.



05 Promotes Mental Wellness

Enhances mood and found to alleviate symptoms of depression and anxiety.



06 Supports Cognitive Functioning

Positive effects on overall cognitive health in older adults.

We'll Help You Every Step of the Way!