**Health Tip of the Month**

**STRENGTH TRAIN YOUR WAY TO A HEALTHIER YOU!**

Strength training isn’t just for bodybuilders! Young and older adults* can strength train at home and experience all the benefits it has to offer!

**Benefits of Strength Training:**

- Increase your metabolism and get leaner
- Increase bone density
- Sharpen your thinking skills
- Boost your mood and increase self-esteem!
- Help manage diabetes and osteoporosis

*How often should you strength train?*

Two to three 20-30 minute sessions per week can help build muscle, strengthen bones, and increase balance.

*Those who have a recent history of congestive heart failure, unstable angina, uncontrolled high blood pressure, or cardiomyopathy should not do strength training. Ask your doctor if you have questions.

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**How do I begin?**

To avoid muscle injury, do a 10 minute warm-up before doing strength training, such as brisk walking or jumping jacks. For strength training, use your body weight or a pair of dumbbells. Do each exercise 8 to 12 times to work your muscles. These compound exercises can get you the most bang for you buck:

**EXERCISES:**

**Squats:**

Stand with feet shoulder-width apart. Send hips back as if you are sitting in a chair. Get as low as you can without your knees passing your toes. Drive with heels to stand up straight. Repeat.

**Push-ups:**

Get in a plank position with arms slightly wider than shoulders. Push body downwards while maintaining a straight back. Drive back up with chest and triceps. Repeat.

**Glute Bridges:**

Lay down and lift knees 90° to the ground. Lift hips and glutes to form a bridge. Come back down. Repeat.

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**Worksite Wellness Initiative:** by Nawrin Chowdhury, Dietetic Intern

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