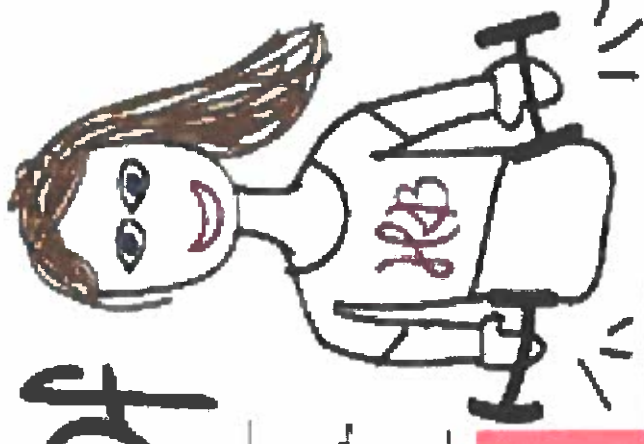


Health Benefits Of



Weight Lifting

- Reduces the risk of cardiovascular disease and diabetes
- Lowers blood pressure, LDL cholesterol, stress and anxiety
- Helps boost immune system
- Improves posture and balance
- Build strength (you don't have to get "bulky")
- Increases bone density
- Muscle is more metabolically active than fat tissue so it burns more calories when you're resting