



Healthy muscles for a healthier life

Muscles help us move.

They handle everything from big moves, like lifting furniture, to little moves like rolling your eyes.

There are a lot of benefits of keeping our muscles healthy, strong and active.

These include:

- Stronger bones and better protection for our joints
- Better posture and balance to help protect against falls
- More energy and less stress
- Lowered blood sugar
- Fewer body aches

There are a lot of ways to strengthen your muscles. You can do many of them without spending money. Basic exercises like push-ups and leg lifts don't need any equipment. And you can always add extra effort to household chores like cleaning or working in the garden.



Did you know?

Your body has
more than
600 muscles.

5 tips to help build your strength



Be sure to warm up.

It helps your heart and blood vessels prepare for activity. And it can improve blood flow to your muscles.



Try to work slowly using a full range of motion.

Using the full range of motion helps to ensure you're working the right muscles. Moving your body at the correct angles can also help prevent injuries.



Be careful.

If you're using weight training equipment, make sure you know how to use it correctly. This can help keep you safe and prevent injuries.



Watch your breathing.

If you're using weights, don't hold your breath. Instead, breathe out as you lift the weight and as you lower it.



Change your routine.

You can focus on a specific area of the body, like legs, one day, and then do something different the next day.



Be sure to check with your health care provider before you start any exercise program. This is especially important if you have high blood pressure, heart disease or joint problems.

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