



## BENEFITS OF STRENGTH TRAINING

- ✓ Improve Bone Density, which is a top priority for women.
- ✓ Increase muscle mass to increase stability and balance.
- ✓ Decrease Body Fat.
- ✓ Boost metabolism to burn calories at rest.
- ✓ Improve mood & mental health.
- ✓ Improve sleep quality.
- ✓ Combat menopause-related decreases in estrogen and help reduce symptoms like mood changes, hot flashes, and weight gain