



# 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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