

Why Strength Training May Help You Live Longer

It is a well-known fact that exercising regularly can be beneficial to our bodies on so many levels – it promotes [better sleeping](#), helps us deal with everyday stress, reduces our chances of developing certain illnesses, and strengthens our organism as a whole. By doing all that, it also helps us live longer and enjoy every opportunity life brings us. Here, we've gathered a list of positive effects that strength training has on our physical and mental health – read on to see what they are.

It helps you stay in shape

First and foremost – it's a great feeling when you discover you can still fit in your dress or jeans that you used to wear a decade ago. While following a healthy, plant-based [diet](#) can help us in achieving that goal, that alone is not enough. We need to give our bodies a chance to work out and sweat to maintain our figure. That's when strength training comes in handy – 10 to 15 minutes a day will suffice. Not only will it help you lose weight and shape your body, but it'll also make sure it stays that way.

It helps you maintain an active lifestyle

Being independent when you're well into your old age is quite an achievement these days. Not having to ask anyone to give you something or help you out is a great feeling. To maintain an independent and active lifestyle, one must focus on having a daily exercise routine that will help them stay fit. Purchasing [quality exercise equipment](#) gives you the chance to work out at home and avoid the whole Hamlet-esque dilemma to go or not to go to the gym.

It helps with increasing your metabolism

Strength training means a faster metabolism. A faster metabolism means faster burning of fat. And less fat to burn means having more lean mass... You see where we're going with this, right? Make your muscles work harder than usual by doing muscle-strengthening activities such as lifting weights and working with resistance bands. Be sure to incorporate cycling or hiking into your workout routine in order to increase your strength and endurance and [raise your metabolic rate](#). When paired with a diet rich in proteins and drinking plenty of water, the results can be quite astonishing.

It helps fight osteoporosis

Strength training provides us with more flexibility, and ease of movement and alleviates joint pain. It can help younger people in preventing osteoporosis, but it also provides older people with exercises that reduce muscle ache and painful joints. Since the speed of bone loss increases as we age, it is important to start doing exercises on time to

avoid osteoporosis or at least make it easier to endure. Doing daily exercises like lifting weights can help you prevent bone loss and even build new bones. Exercise machines are especially useful for older people since they are easier to work with in terms of balance and control over our movement.

It brings with it some anti-aging benefits

Anti-aging creams and moisturizers can help keep your face looking young, but your body needs some natural anti-aging treatments too. After trying countless diets and failing miserably, many people just give up and embrace their belly fat and unwanted weight, thinking they can't do much to change it. But that's far from the truth. Weight training can help you shed those extra pounds making sure they don't come back. We all know that people who have some extra fat are bound to look older than they are. By changing your lifestyle habits, paying more attention to your diet, and doing some [anti-aging exercises and workouts](#), you can lose those extra pounds and look younger, too.

Strength training is beneficial in many ways and has a greater impact on our bodies when compared to a strict diet that doesn't involve exercising. Hopefully, we've inspired you to care more about your body and dedicate some time to helping it stay strong and healthy, for you to live a longer and happier life.

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