



Get Fit – Stay Fit

Strength Training



As USPHS Officers, it is important to stay fit throughout the year by participating in aerobic activities and strength training exercises.

Strength training benefits:

- **Reduce body fat**
- **Increase lean muscle mass**
- **Burn calories more efficiently**
- **Increase bone density**
- **Control weight**
- **Reduce risk of joint injury**
- **Improve balance**
- **Increase stamina**
- **Improve chronic illness symptoms**
- **Sharpen attention**

Strength training options:

- **Body weight exercises: push-ups, pull-ups, sit-ups and leg squats**
- **Resistance tubing**
- **Free weights**
- **Weight machines**



To avoid injury, start slowly, use proper technique, use appropriate weights, and rest between sets.