

Name _____

Muscle Magic: Exploring Strength Training and Its Health Benefits

Short Answer Key

1. Strength training contributes to bone health by increasing bone density and reducing the risk of osteoporosis.
2. Strength training improves posture by strengthening muscles in the back, shoulders, and core, helping individuals maintain an upright position.
3. Three examples of resistance used in strength training are dumbbells, resistance bands, and body weight.
4. Allowing muscles time to recover between strength training sessions is crucial to prevent overtraining, reduce the risk of injury, and promote muscle growth.
5. Strength training can boost confidence by improving physical strength and appearance, leading to increased self-esteem.

