

Five Great Reasons to Try Strength Training



No matter your age, adding strength training to your routine can be good for your body and your health. Here's why:

1. Strength training makes you feel better. It releases endorphins, which lower your perception of pain and trigger positive feelings.
2. It helps prevent bone loss. As your muscles get stronger, they actually help build stronger bones.
3. Strength training helps maintain your independence. Unless you work your muscles, they'll weaken as you get older. Even if you've never done strength training, it's not too late. Start with light weights, and slowly add weight and/or repetitions over time.
4. Learning a new activity is good for the brain. Starting weight training is a new skill, and you need to keep track of your sets and repetitions. These add up to a workout that's good mentally as well as physically.
5. It improves your balance. You likely won't fall as often because stronger muscles

help your body recover if you stumble.

You can strength train with free weights or machines. Or you can opt for items around the house, such as canned goods and gallons of milk, and even use your own body weight. You can also find programs online or in person. And if you need to, you can do whole classes seated in a chair until you feel more comfortable standing.

If you haven't worked out in a while, you'll want to get your doctor's okay before starting any physical activity.

Resources: [mayoclinic.org](https://www.mayoclinic.org); [nia.nih.gov](https://www.nia.nih.gov)

Strong Bones Are Crucial to a Healthy Body

Good bones are important. They protect your organs, your brain and your spinal cord. They also store minerals (such as calcium and phosphorous) to help your body as you age. You can lose bone tissue without even knowing it, so it's important to pay attention to bone health.

Consider these ways to keep your bones strong.

Talk with your doctor about your bone health. Go over your risk factors. Ask if you should get a bone density test that measures your bone strength. If needed, you can

take medicine to help prevent bone loss and reduce your chances of breaking a bone.



Eat a well-balanced diet rich in calcium and vitamin D. For calcium, eat low-fat dairy products, leafy green vegetables and almonds. For vitamin D, eat egg yolks, saltwater fish, liver and milk that's fortified with vitamin D. Fruits and vegetables provide other nutrients that are important for bone health.

Maintain a healthy weight. Being underweight raises the risk of fracture and bone loss.

Get plenty of physical activity. Bones grow stronger

with exercise. The best exercises for healthy bones are strength-building and weight-bearing. Try walking, climbing stairs, lifting weights or dancing. Aim for at least 30 minutes of exercise most days of the week.

Live a healthy lifestyle. Be nicotine free by not smoking, chewing tobacco or vaping. If you drink alcohol, do so in moderation: one drink per day for women, and two for men.

Reduce your risk of falling. Check your home for dangers like loose rugs and poor lighting. Get your vision checked regularly. Improve your balance by walking, dancing, or practicing Qigong, Tai Chi or yoga.

Resource: bones.nih.gov

Easy Watermelon Sorbet

Serves 10

Ingredients:

- 6 cups cubed seeded watermelon
- 10 fresh mint leaves

Directions

Add the watermelon to a blender and blend until it's pureed. Add the mint leaves and blend for about 15 seconds.

Pour into a loaf pan and place in the freezer until frozen, about 6 hours or overnight.

Recipe courtesy of [the Food Network](#); to watch a video on making this recipe, click [here](#).



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