

Strength Training

The Many Benefits of Strength Training

Strength Training, also known as resistance training, challenges the muscles of the body using some form of resistance. This leads to improvements in muscular strength and endurance and increases muscle mass. Resistance can be in the form of free weights (dumbbells or leg cuffs), machine weights, resistance bands or even your own body weight.

Before commencing a strength training program it is strongly recommended that you see a physiotherapist, exercise specialist or fitness instructor who will complete an assessment and design the most appropriate program for you.

For more information on local Strength Training programs contact:

Central Bayside Community Health Services	Ph: 8587 0200
Bentleigh Bayside Community Health Service	Ph: 9575 5333
Sandybeach Community Centre	Ph: 9598 2155
The City of Kingston	Ph: 1300 653 356
Bayside City Council	Ph: 9599 4444
International Diabetes Institute	Ph: 9258 5042

