

# 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  
Bentleigh Bayside Community Health Service  
Sandybeach Community Centre  
The City of Kingston  
Bayside City Council  
International Diabetes Institute

Ph: 8587 0200  
Ph: 9575 5333  
Ph: 9598 2155  
Ph: 1300 653 356  
Ph: 9599 4444  
Ph: 9258 5042

## Strength Training Classes in your local area

Location

Day

Time

Cost