6 Benefits of Strength Training

Cardio is great for you but if you're not building muscle you're missing out on these amazing benefits.

1. **You sleep better:** according to neurologist Chris Winters MD, author of The Sleep Solution, "When you exercise your muscles and physically tax yourself you create more of a compound called adenosine. As your body breaks down adenosine, it has the effect of making you sleepy."

2. **Your bones get stronger:** After the age of 35 we lose 1-2% of our bone tissue per year. Strength training is the most important thing you can do to counteract bone loss.

3. **Your heart will benefit:** Inflammation is a major risk factor for heart disease. A recent study at the Mayo Clinic has shown that lifting weights at least twice a week lowers certain inflammatory markers.

4. **Your metabolism speeds up:** Muscle cells require more energy to function than fat cells do. As you begin building muscle you will increase your metabolic rate.

5. **Lower risk of diabetes:** As you gain muscle you have more room to store the glucose you eat which means it's not circulating in your blood. The result being you need less insulin to keep your blood sugar steady.

6. **Improves anxiety:** Strength training alters a key cognitive hormone to help repair disrupted signaling in the body's main stress response system.