



YMCA HEALTHY HABITS

**BUILD
STRENGTH**



#YMCA

#HealthyHabits

#Strength



indymca.org/healthyhabits



HEALTHY HABIT TIPS: BUILD STRENGTH

- Warm up and cool down for 5-10 minutes. Walking and stretching are great for this.
- Focus on form and body alignment, not weight. Move smoothly through each exercise.
- Breathe. Exhale as you lift, push, or pull; inhale as you release.
- Challenge muscles by slowly increasing weight or resistance.
- Get a routine. Working all the major muscles of your body 2 or 3 times a week is ideal.
- Recover. Strength training causes tiny tears in muscles, which grow stronger as the tears repair. Give your muscles at least 48 hours to recover between strength training sessions.

