



30 Reasons to Strength Train

1. Strength training permanently boosts your metabolism by adding lean body mass.
2. After a strength training session you will continue to burn calories for several hours post-workout (more than you do post cardio workout).
3. Overweight people might have orthopedic problems that prevent them from participating in cardiovascular exercise so strength training is always an option.
4. Being strong will help you stand up straighter and look more confident.
5. You can train around injuries and back pain. No need to lie on your ass to recover. Pick up some weight instead.
6. Provides immediate feedback. You can feel and measure when you've pushed your limits and made progress in your strength (more weight, more reps)
7. You don't need expensive equipment to strength train. The cost of strength training equipment is always less than cardio equipment.
8. You can literally pump your body up before a big night out. (For example: curls for the girls or butt work for the boys)
9. Your body is less likely to store sugars (i.e. carbs) as fat when you have more muscle. Instead, the more muscle you have the more insulin receptors you have so your muscles suck up the sugars and store it as glycogen instead of your fat cells getting fatter.
10. The stronger you are the more likely you are to come out on top in a bar-room brawl.
11. Strength training helps prevent osteoporosis.

12. You are likely to feel randier after a strength training workout than compared to a pure cardio workout.
13. If you don't strength train, you will lose 5-10 pounds of lean body mass for every ten years of your adulthood. The getting fat as you age thing is because of this.
14. Being strong as you get older will help prevent you from looking like a bag of loose jiggy skin. If you strength train you might even have sex over 60.
15. Clothes look better on muscle.
16. Skinny fat people are squishy and frail.
17. You might actually like how you look naked.
18. Being lean not just thin is one of the best ways to prevent a variety of cancers.
19. You are more likely able to open a jar of pickles by yourself.
20. If you're a single woman, you won't have to wait around for ages to get help moving or lifting something. You'll be able to do it yourself.
21. If you have kids, you'll be able to carry them around for longer without any pain in your neck, back or shoulders.
22. Being strong means you're less likely to experience that 'random' back pain so many people complain about.
23. You're less likely to get injured doing normal day to day things if your body is strong and structurally balanced.
24. Thinking you're going to lose weight by doing cardio and skipping strength training is so yesterday. Focusing on strength training will make you hipper and more with the times.
25. It's super cool being able to do a chin-up. You will heal your past scars from high school fit tests by tackling something you've always wanted to be able to do but were once humiliated by.
26. You will help balance your Yin energy with some Yang strength work.
27. If you play sports, strength training will absolutely improve your game.
28. Johnny G's Spin craze has passed for a reason. People got injured and didn't keep weight off by hammering their bodies with intense cardio day after day.
29. Yoga is great but it won't help strengthen all the weak spots people in our society tend to have.
30. It's super fun when you get into it.