

FitSmart Jorge Cruise

Build bones with strength training

Everyone knows strength training builds muscle, but did you know it also can also help strengthen your bones? Researchers from the University of Arkansas analyzed a six-year, nationwide study that compared the effect of different activities on women's bone density. The results revealed that "weight-bearing activities" like strength training and yardwork were linked to bone health, while activities such as swimming and jogging were found to have little effect on bone density.

"Weight-bearing exercises exert force on the bones, " says lead researcher Lori Turner. "Like muscles, bone responds to force by growing. Muscles get larger; and bones become more dense."

People start to lose bone density between ages 30 and 40, so maintaining bone strength is beneficial for all. Of course, getting the recommended amount of calcium for your age is crucial. But also try picking up some dumbbells or spending a little time working in your garden to improve bone strength.

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