Put strength training to the test—You'll see—and feel—results in a matter of weeks.

Call it resistance training, pumping iron, or whatever you like; strength training builds bone density and promotes healthy muscles, tendons, ligaments, and ligaments. In a word, isometric training, this training form can help you lose weight and feel more energetic and healthier than you have in months.

Children and young adults can benefit from isometric training, and older adults, too. Strength training exercises can help prevent bone loss, improve balance and coordination, and prevent falls. Even menopause women benefit from isometric training exercises, such as the American Council on Exercise (ACE) Weight Training Exercises Mobility Increases bone density and improves muscle strength and coordination. Isometric training exercises, such as push-ups, planks, and squats, all improve balance, strength, and coordination.

Putting strength training to the test can be fun, especially when you do it with a partner. Either exercise can be fun, and it can be done at home. Here's how to do it with your child or your adult offspring. They'll learn how to strengthen their core for fun years ahead. Here's how to do it at home, too. "We definitely encourage fitness training," Johnson says.

**Fuel news you can use**

Before taking any exercise advice, check your physician to make sure the advice is appropriate for you. They can provide guidance to help you reach your goals.