

# New Research - Stronger is Healthier

In October, the U.S. Department of Health and Human Services released new Physical Activity Guidelines for Americans. The new guidelines, which are the most extensive and scientifically-based of their kind, make specific recommendations about muscle-strengthening exercises that Americans should be undertaking to lead a healthy lifestyle. The new guidelines expand extensively on the benefits of strength training.

According to Miriam Nelson, Ph.D., director of the Center for Physical Activity and Nutrition at Tuft's University, all Americans should incorporate muscle-strengthening activities into their lifestyle two days per week.

## **Take Home Message**

Research continues to demonstrate the significant health benefits of strength training. To maintain your health, you must engage in muscle-strengthening exercises each week. The MEDFITNESS Workout includes muscle-strengthening exercises that meet current federal exercise guidelines. To experience the MEDFITNESS Workout schedule a *Free Trial Workout* at [www.medfitness.info](http://www.medfitness.info)