



## Fact Sheet

# Back and Muscular Health

### Why it's Important

Muscle strength is required for all activities of daily life. Core muscles are key to a healthy body, both inside and out. The abdominal, pelvic, hip, and back muscles support your organs and stabilize your back, providing a solid center for your entire body. Developing muscular strength can determine your functional performance and ability to live independently during the later years of life. Maintenance of muscular health can increase your quality of life and decrease risk of injury. Simple approaches focused on strength building and posture encourage muscular health while creating unlimited benefits to overall health and well-being.

### What is Strength Training?

Strength training is a form of physical activity that focuses on building the muscles to keep them healthy and strong. Healthy muscles allow us to move easier, pump blood more efficiently, and breathe better. Strength training helps to fight the loss of muscle and bone mass that occurs with aging and sedentary behavior. It is recommended to practice strengthening exercises involving **all major muscle groups at least twice a week**.

### Significance of Good Posture

Posture is often described as the body's attitude, being expressed through the positioning of the body, while standing, sitting, or performing tasks like lifting, bending, pulling, or reaching. Posture is crucial in optimizing our physical and mental happiness. Proper posture keeps our bones and joints in the correct alignment so that muscles are being used efficiently allowing our body to use less energy and, therefore, preventing muscle fatigue. Correct posture reduces the stress on the ligaments holding the spinal joints together, minimizing the likelihood of injury. Practicing good posture enhances our health, well-being, mood, and appearance.

### Tips to Improve Muscular Health

- When standing for long periods rest one foot at a slight elevation.
- Hold reading material at eye level.
- Wear comfortable shoes that provide support.
- Practicing strength training weekly.
- Incorporate strengthening exercises into daily activities-at the gym, in water, or at home.
- Don't forget to warm up and stretch.
- Eat a balanced diet.
- Stay hydrated.

### Benefits of Strength Training

- Improves balance and coordination.
- Strengthens bones and muscle mass.
- Aids in weight management.
- Improves energy levels and mood.
- Enhances sleep quality.
- Sharpens focus and enhances brain function.
- Increases joint flexibility .
- Reduces blood pressure.

Reference: Harvard Health; CDC; Humana