

## **Weight training offered**

Written by Holyoke Enterprise

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There is one simple thing anyone can do that will provide relief from arthritis, restore balance, reduce the risk of falling, increase bone mass, control weight, manage diabetes, improve depression and sleep and reduce the risk of heart disease.

Although it sounds too good to be true, the fact is that resistance or strength training can do all of that and more. Years of scientific research has shown regularly performed exercise with weights, especially for middle-aged and older adults, can have profound results on the loss of muscle mass and development of chronic diseases that are frequently associated with aging.

***To read the full story, call us for an e-Subscription at 970-854-2811.***

Holyoke Enterprise September 12, 2013