



# Strength & Resistance Training

## ***FIT FACTS***

A successful workout or fitness plan incorporates exercises that help you increase your ability to overcome resistance. Aside from helping you lift your children easier or lend a helping hand on moving day, strength training can also help you build and tone muscle, boost your metabolism and either lose or manage your weight.

[Energize Your Life with Strength Training](#)

[Free Weights vs. Strength-training Equipment](#)

[How Women Build Muscle](#)

[Steering Clear of Strength Plateaus](#)

[Strength Training 101](#)

[Strengthen Your Abdominals with Stability Balls](#)



*SAN DIEGO: Scott Sutton, a kinesiologist assigned to the Naval Medical Center San Diego (NMCS D) Health and Wellness Department, ensures the proper technique of a squat as demonstrated by Hospital Corpsman 1st Class Octavius Smith (U.S. Navy photo by Mass Communication Specialist 2nd Class John Philip Wagner Jr./Released)*