



# Be Strong

## CHALLENGE

Strengthen your bones and muscles

### Requirements to complete this HEALTH CHALLENGE™

1. Read “Be Strong.”
2. Create an exercise plan to strengthen your bones and muscles.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Georgia resident Sam “Sonny” Bryant Jr. was 44 years old, life got a little crazy with work, family life, and personal matters.

It was a stressful time for Bryant, who was a graveyard-shift forklift driver. And it was taking a toll on his health and happiness.

He needed to find a way to get fit, reduce stress, and improve his health.

You know what he did? He decided to give strength training a try.

How much do you know about strength training? Take the quiz to find out.

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1.   Athletes and bodybuilders are really the only people who need to do strength training.
2.   Strength training helps prevent loss of muscle mass as you age.
3.   Bodyweight exercises and weight lifting build muscle, but don’t strengthen your bones.
4.   Strength training can help improve metabolism, weight loss, and lean body mass.
5.   You need to do strength training exercises every day to get results.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about strength training. Strength training is good for you at any age. All adults should perform exercises to strengthen bones and muscles at least two days a week.<sup>1</sup> Strength training improves lean muscle mass and bone health, lowers the risk for disease, and more.

Answers: 1. False 2. True 3. False 4. True 5. False

At first, it was hard. It had been a long time since he stepped in a gym or worked out to strengthen his bones and muscles.

There were days when he didn’t feel like going. But he stuck with it. Little by little, he got stronger. And in the process, his bones got stronger, too.

But strength training also transformed his mood and cut his risk for chronic disease. And it proved to be a life-changing decision. Today, Bryant is 76 years old and still hits the gym for strength training workouts a few times a week.

“People have the misconception that age makes you old,” says Bryant. “I realized that it’s a state of mind that makes you old...I just want people to recognize me for what I am, what I’m doing, and realize that it can be done.”

Want to strengthen your bones and muscles? Take the month-long health challenge to Be Strong.

6 ways to get more from your workout  
<https://tinyurl.com/y82hfezm>