

**DID YOU KNOW** that workouts are designed to sculpt your muscles and burn fat but exercise also gives you an emotional advantage: It will help immediately relieve stress. Exercise increases the body's concentration of the neurotransmitter norepinephrine in the brain's regions involved in stress response, studies say. Scientists believe this means that exercise can enhance the body's ability to respond to stress. Exercise also gives you an endorphin rush. People who strength train sometimes experience a sense of euphoria that results from an exercise-induced release of opiate-like compounds called endorphins. They can make you feel exhilarated as well as calm and relaxed, and are a great stress reliever. Working out is a great way to get some alone time and even blow off some steam. If you experience tension, burn it off with your morning cardio or take it out on your resistance bands. You'll feel more relaxed and peaceful at home, get better sleep and feel happier throughout the day. (LifeScript)

**DID YOU KNOW** that strength training may sound like an intense, hard-to-perform activity, but it's not. When using dumbbells, barbells and other load-bearing equipment, strength-training exercises will stress your muscles beyond what you may have done before – but they will do so safely and more effectively than any other workout. After your first workout, your muscles may be more fatigued than they were after other exercise programs - and that's a good thing because it means you're creating new fat-burning lean muscle. Besides its muscle-building benefits, strength training also boosts your body's health. A small study showed that whole-body resistance training can help reduce chronic lower back pain. Published in the Journal of Strength and Conditioning Research, the study found that men and women who engaged in resistance training for 16 weeks experienced a 60% improvement in pain and functioning. Meanwhile, those who engaged in aerobics training for 16 weeks experienced only a 12% improvement in lower back pain. Besides pain reduction, the people who strength trained also improved in muscle strength, endurance and flexibility, and lost 15% of their body fat. It's a no-brainer: Strength training is the key to fitness and overall health! (LifeScript)