

Some very important reasons strength training could make a difference in your quality of life:

- **Improves your ability to do everyday activities:** The stronger your muscles, the easier it is to get groceries out of the car, get a package off of the top cabinet shelf, push the lawnmower.....the list goes on and on!
- **Improves your balance and stability:** The stronger and more resilient your muscles, the more balance is sturdier. This will help keep you safe in your daily activities and decreases the risk of falls or accidents.
- **Builds muscle strength:** Adults lose between five and seven pounds of muscle every decade after age 20. Strength training will help prevent this muscle loss, and rebuild what you may have lost.
- **Decreases your risk of osteoporosis:** Inactivity and aging can lead to a decrease in bone density, leading to brittleness. Studies have shown that consistent strength training can increase bone density and prevent osteoporosis.
- **Reduces blood pressure:** Strength training can be beneficial for the prevention and treatment of high blood pressure by strengthening the heart, allowing it to beat more efficiently.
- **Increases calorie burn:** Strength training increases the body's metabolic rate, causing the body to burn more calories throughout the day. This aids significantly in long term weight loss. (SparkPeople)

Soft Drinks Weaken Women's Bones: Teeth aren't the only "whites" in your body that suffer from heavy soda consumption. According to a study published in the American Journal of Clinical Nutrition, women who down significant quantities of soft drinks are much more likely to suffer weakened bones as a result. The study, conducted by Tufts University researchers, was based on data from more than 2,500 adults. Among female participants, those who drank the largest amounts of cola were more likely to suffer bone fractures and low bone mineral density. Phosphoric acid, an ingredient in carbonated soft drinks, is known to impair calcium absorption. (LifeScript)

PICK RED! Whenever you buy grapefruit, go for red instead of white. Remember lycopene: that stuff in tomatoes that may fight prostate cancer? It's what makes tomatoes red. And it's responsible for the color in ruby red grapefruit. (Watermelon and guava also have some.) (Men's Health)