

## Muscular Strength & Endurance

### Critical Concept: Muscular Strength

One easy definition is this: How much weight can you lift?

However, most of us won't be walking around lifting 150 pound objects with our bare hands. So, our goal with this fitness component is to keep our muscles toned and strong enough to accomplish all of our daily tasks and keep enough strength in reserve for emergencies!

Remember, moderate to physical activity is now a daily task for you. Keep your muscles strong enough to participate in whatever activity you choose.

<p>✓ <b>Muscular Strength</b> How to get it...</p>	<p>Building strength will also build and tone our muscles so we feel, look and perform better every day!</p> <ul style="list-style-type: none"> <li>• Find a weight that you can lift 10 to 12 times during an exercise set. Repeat that twice each session for a couple of weeks. Gradually increase the weight. Now you're getting stronger!</li> <li>• Find different exercises that work the same muscles. Strength gain is your muscle adapting to a regular weight and action. By changing the exercise, you're forcing the muscle to work differently and adapt again! Plus, you won't get bored.</li> <li>• Practice good technique and form during all exercises. Often for young people, increased strength comes from your muscles learning how to lift and move weight. As you get older your muscles will remember how to do these exercises and muscle tone and growth will come more quickly.</li> </ul>
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### Muscular Endurance

An easy definition is this: How many times can you lift that weight?

For most of us, our bodies are often the heaviest thing we have to lift during a day. We need to keep building muscular endurance to keep our bodies up and moving.

Plus, now that we're in the habit of participating in a variety of physical activities, we need to be prepared to walk, run, jump, turn, twist, hop, leap...I think you get the picture.

<p>✓ <b>Muscular Endurance</b> Keep it moving!</p>	<p>Almost all physical activity choices will help build and maintain good muscular endurance. So, keep it moving.</p> <p>Here are some ideas:</p> <ul style="list-style-type: none"> <li>• Have a race with your friend. Not just a running race. Try skipping, hopping, sliding, and rolling.</li> <li>• Push-up Power! Push-ups are one of the best upper body exercises you can do. Start by doing 3 every day for a week. Next week do 4. The week after do 5. Keep it going!</li> </ul>
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Healthy muscles do so many things. They burn more calories, last longer without getting tired and can move more weight. Work your muscles more!