

WHY WEIGHTS



41%

of MSU students reported doing exercises to strengthen/tone muscles two or more days per week.¹

Did you know?

Among other benefits, regular strength training can:

- Help reduce depression, tension, anxiety and stress
- Promote mobility and flexibility, reducing injury risk
- Improve energy levels, self-esteem, focus and cognitive function

Unsure how to get started?

Work with a SPARTANfit team member to complete a fitness assessment and establish a realistic plan to meet your goals.

Visit healthpromotion.msu.edu/fitness for more information and to sign up.



Follow along with our SPARTANfit exercise video library!

Tips to Try

Use a variety of exercise and equipment for each muscle group.

For each exercise:



8 to 12 repetitions improve strength and power



2 to 4 sets of each exercise will help improve overall strength



Wait 48 hours between strength training sessions to let your body recover and repair



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