

Position Statement

HEALTH ASPECTS OF RESISTANCE EXERCISE AND TRAINING

It is the position of the National Strength and Conditioning Association that:

1. Resistance training may enhance cardiovascular health by mitigating several of the risk factors associated with cardiovascular disease by producing such changes as
 - a. decreases in resting blood pressure, particularly in individuals with elevated pressures;
 - b. decreases in exercise heart rate, blood pressure, and rate pressure product at a standard workload;
 - c. modest improvements in the blood lipid profile and;
 - d. improvements in glucose tolerance and decreases in hemoglobin A1c in patients with diabetes mellitus.
2. Resistance training may result in improvements in body composition by maintaining or increasing lean body mass and producing modest decreases in the relative percentage of body fat.
3. Resistance training can produce increases in bone mineral density and may help delay or prevent the development of osteoporosis by reducing the age-associated loss of bone mineral density.
4. Resistance training may reduce anxiety and depression and may result in improved self-efficacy and overall psychological well being.
5. Resistance training can reduce the risk of injury during participation in other sports and activities. When performed correctly and properly supervised, it is in itself a safe activity with low injury rates.
6. Resistance training increases muscular strength and endurance, resulting in an increased ability to perform activities of daily living, and reduces demands on musculoskeletal, cardiovascular, and metabolic systems.