

## **Rewards of Strength Training**

Researchers from the Archives of the Internal Medicine documented that their study on two older women's group that participated in strength training reaped the biggest reward of physical and cognitive benefits. Uniquely, the researchers also evaluated the monetary value of doctor's visits from fall related injuries. They reported that those women that performed weekly, or twice weekly, weight training exercises visited their doctors less in one year than those that did not. For those that had Medicare as their primary insurance provider, the agency reported reduced coverage costs for bruises, sprains, or contusions from fall related incidents. As a result, strength training activities showed that the domestic states were able to conserve healthcare funds for other procedures. Additionally, the twice weekly group reported fewer balance issues and less falls than compared to the control group.