

Strength Training Tips for the **BEST ME** IN **2023**



BJA
Bureau of Justice Assistance
U.S. Department of Justice

DO SOMETHING

Strength and resistance training is critical to physical fitness

- Challenge your muscles by lifting weights and/or creating resistance
- Set achievable goals and keep building on them
- Alternate cardio and strength training
- You don't need expensive equipment
 - Use hand weights or fill empty milk jugs with sand
 - Do lunges in your driveway while holding hand weights
 - Do push-ups and planks
 - Use a park bench or couch for triceps dips and dumbbell rows

If strength training isn't part of your fitness plan, talk to your doctor about how to fit it in before starting



TAKE THE VALOR CHALLENGE

Identify and commit to doing three things for your physical fitness