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burn more calories even when you're not working out making weight management and fat loss more achievable. Weight training has a significant positive impact on bone density. As you subject your bones to resistance they become stronger and more resilient. This is especially important for women and older adults as it can help prevent or mitigate conditions like osteoporosis. Properly structured weight training programs emphasize functional movements that strengthen the muscles responsible for maintaining good posture and joint stability. This not only helps prevent injuries but can also alleviate existing joint discomfort.

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