

3. Answers will vary. Students should understand that the person might become stronger due to exertion but would be at a higher risk for muscle injuries.

Copyright © Glencoe/McGraw-Hill, a division of The McGraw-Hill Companies, Inc.

1. The benefits include increasing strength and flexibility of specific muscles, improving physical appearance, and boosting health.
2. Any kind of physical exertion can build the muscles, though it might be harder to target specific muscles.



1. What are the benefits of lifting weights?
2. How could the benefits be gained without the use of weights or fitness machines?
3. What positive and negative effects would you expect on a person's muscles if he or she started to lift heavier weights for longer periods of time?