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March 15, 2017



Reserve *Thursday, March 23 1:00pm EST/12:00pm CST*
for this must-attend
Free Webinar
to ensure your organization's success

**Overcoming the Obstacles to
Your Organization's Growth & Prosperity**

In this world of complicated healthcare, Clint will discuss how healthcare leaders can stay on top of producing quality, outcomes, and value needed to secure success.

This free webinar will detail simple techniques and systems to ensure you remain a prosperous provider into the future.

At the completion of the webinar, you will be able to:

1. Know how to move beyond the Star ratings

2. Implement a system for achieving value and becoming a preferred partner in the marketplace
3. Design a method for leveraging your success on quality initiatives
4. Organize your daily effort to meet the new requirements

Don't miss this one time event!



Register today at:

www.mcknights.com/webinarMarch23

Register today!



Food For Thought

The Surprising Hidden Benefits of Strength Training

The benefits of strength training go beyond toned muscles and a sleek physique. In fact, adding this form of exercise into your regular fitness routine can have **profound impacts into all areas of your life—and also the lives of your patients.** To be sure, the benefits of strength training hold true for any age and any fitness level. Here are just a few benefits you can reap:

- **You'll feel more confident.** Strength training can challenge you to do new things and to test your own strength. Getting stronger and gaining a mastery over, say, push-ups is empowering and builds confidence. In fact, one study published in the *Journal of Consulting and Clinical Psychology* found that those who performed resistance training experienced significantly greater self-esteem and perceived strength over four weeks than those who did not.
- **You can protect and boost your brain (at any age).** There's substantial scientific evidence showing that weight training in particular can sharpen your mental capacity. One study published in *Experimental Gerontology* found that older people who completed a 12-week strength regimen showed improved capacity for practical skills. Another study in the *Journal of the American Geriatrics Society* showed that older women who weight trained twice a week had a slower progression of white matter lesions in the brain.
- **You'll find you feel more focused and less stressed.** When you're in the middle of weight reps or pull-ups, it's pretty hard to focus or worry about anything else other than completing your activity. As such, the intensity and focus required for strength training makes it impossible to be anywhere else but in the immediate moment. Weight training is a great way to let off steam and

forget about the worries of the day.

- **You'll improve your overall quality of life.** Weight training will improve your ability to perform daily activities (carrying in groceries, doing housework, playing with kids). Additionally, strength training has been proven to help adults lose weight and keep it off in the long haul.

Most experts recommend you aim for a few 10-15 minute sessions of weight training a week. This can include using your own body weight (i.e., push-ups, pull-ups) or using free weights, weight machines or resistance bands.

"To enjoy the glow of good health, you must exercise."

—Gene Tunney



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