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Lifting weights helps you to live longer – 25th June 2026

Level 0

Strength training helps us live longer. Scientists looked at exercise data on 150,000 adults. The adults who often did strength training had a lower risk of dying younger. The training protected the adults from heart disease. People who did up to two hours of training a week had a 19 per cent lower risk of dying from heart disease.

Muscles are important. They help us live longer. Stronger muscles give many benefits. If our muscles are not active, they do not burn up so much fat and sugar. Instead, these become body fat. This can lead to heart disease. A website said people should walk, cycle, swim, "or do whatever gets your heart rate up".

Level 1

Researchers say strength training helps us live longer. Scientists looked at exercise data on 150,000 adults for 30 years. They found that adults who did regular amounts of strength training had a lower risk of dying younger. The researchers say the exercise protected people from heart disease, strokes, and mental illnesses. People who did up to two hours of training every week had a 19 per cent reduced risk of dying from heart disease.

Muscles are important. They help us live longer. Stronger muscles give many benefits. Muscles control how much sugar and harmful fats we burn. If our muscles are not active, they do not burn up so much sugar. Instead, this is turned into body fat. This can lead to heart disease and other health problems. A website said people should walk, cycle, swim, "or do whatever gets your heart rate up". It also said weights were good.

Level 2

Researchers say regular strength training may help us live longer. Scientists followed the exercise habits of 150,000 adults for 30 years. The study found that people who did regular amounts of strength training had a lower risk of dying at a younger age. The researchers believe that the exercise protected people from problems like heart disease, strokes, and mental illnesses. People who did up to two hours of training every week had a 19 per cent reduced risk of dying from heart disease and a 27 per cent lower risk of dying from a mental illness.

The researchers said our muscles are important for helping us live longer. Stronger muscles give many health benefits. Muscles control how much sugar and harmful fats are in our body. If our muscles are not active, they do not burn up so much sugar. Instead, this is turned into body fat. This can lead to diabetes, heart disease and other health problems. A website advised people to walk, cycle, swim, "or do whatever gets your heart rate up". It also said weights were good. The study is published in the British Journal of Sports Medicine.

Level 3

Researchers have reported that regular strength training may help us to live longer. Scientists followed the exercise habits and health of nearly 150,000 adults for 30 years. The study found that people who did moderate amounts of strength training on a regular basis had a lower risk of dying at a younger age. The researchers suggested that such exercise protected people from cardiovascular problems, such as heart disease and strokes, and mental illnesses. People who did up to two hours of strength training every week had a 13 per cent lower risk of dying. There was a 19 per cent reduced risk of dying from cardiovascular disease and a 27 per cent lower risk of dying from mental illnesses.

The researchers said our muscles play an important part in keeping us alive for longer. Stronger muscles provide many health benefits. Muscles help to control how much glucose, sugar, and harmful fats are in our body. If we do not keep our muscles active, they do not burn up so much sugar and fat. Instead, they are turned into body fat. Too much body fat can lead to diabetes, heart disease and other health problems. The website ZME Science advised people to do a variety of exercises. It wrote: "Keep walking, cycling, swimming, or doing whatever gets your heart rate up. But add some resistance work too." The study is published in the British Journal of Sports Medicine.