

BENEFITS OF A WEIGHTED VEST

Adding weight to your body during physical activity can have several benefits.



Increased endurance:

Improving your cardiovascular health by wearing a weighted vest can help you exercise more efficiently, often boosting your endurance.



Improved strength:

Incorporating added weight during exercises like squats, push-ups or planks is a good way to balance your weight and increase your overall strength.



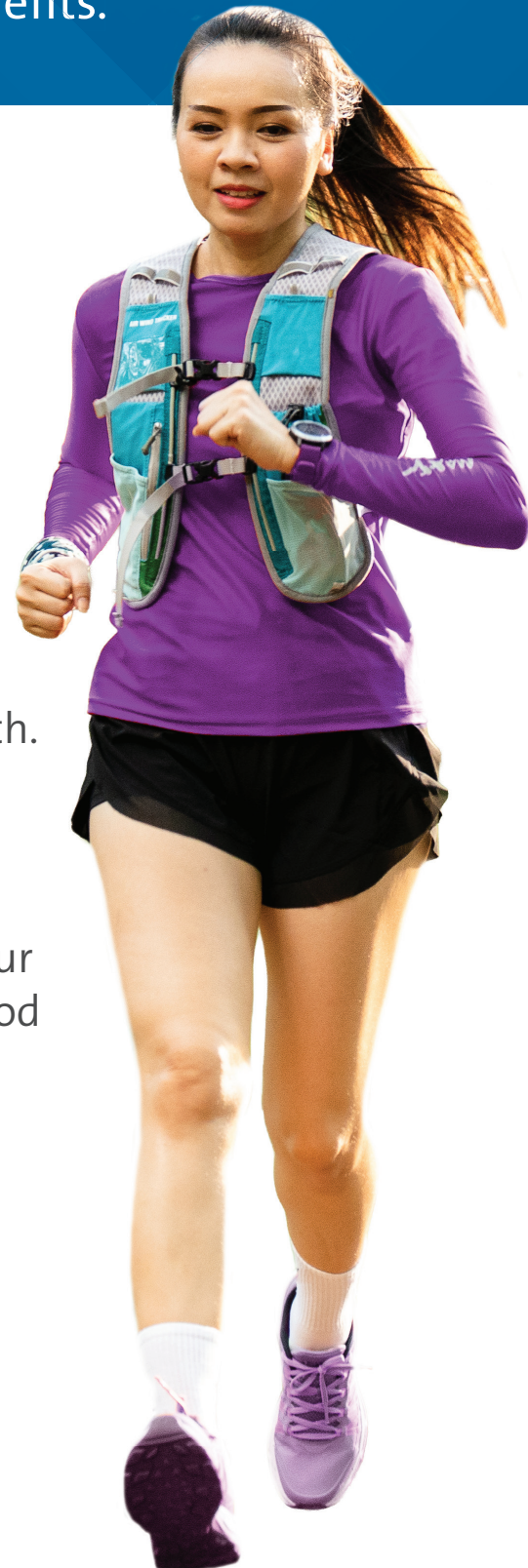
Mental well-being:

The weight of the vest can serve as a grounding tool, helping you focus on your breathing and your body, improving mood and bringing peace.



Weight loss:

Wearing a weighted vest increases calorie burn, which leads to weight loss. Remember, weight loss cannot be targeted to specific areas.



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