

# **Benjamin Ligan on Why Strength Training Supports Lifelong Health and Injury Prevention**

**Benjamin Ligan Builds Long Term Resilience Through Consistent Strength Training and Structured Routine**



**Charlotte, North Carolina Feb 26, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Strength training has long been linked to athletic performance, but for [Benjamin Ligan](#), it serves a broader purpose. He sees it as a key factor in long-term health and physical independence. As a former club athlete turned finance professional, he integrates strength training into his weekly routine not for aesthetics, but to stay durable and focused.

Ligan graduated from The Ohio State University Fisher College of Business with a degree in marketing and a minor in personal finance. He now lives in Charlotte, where he is preparing for a long-term career in financial planning. His background includes compliance experience, client service roles, and financial planning certifications such as E-Money and Holistiplan.

But long before he entered the finance space, he was focused on staying active. During his time at Ohio State, he spent four years competing on the Men's Club Volleyball team. The national-level tournaments and year-round training taught him that strength wasn't about short-term gains. It was about staying ready, avoiding injury, and being consistent.

That mindset has carried into his adult routine. Ligan trains several times per week, focusing on strength movements that support joint health, stability, and posture. He avoids extremes and keeps his workouts consistent: full-body sessions built around repeatable structure and moderate intensity. This approach pairs well with his endurance work and helps maintain physical balance without added stress.

Strength training helps reduce injury risk by improving balance, muscular control, and bone density. For [Ligan](#), it also helps manage stress, maintain focus, and support a structured routine. Rather than chasing progress with intensity, he prioritizes consistency over time.

Current health research backs this approach. Regular strength training contributes to lower injury rates, stronger bones, improved insulin sensitivity, and better mobility later in life. It's one of the most effective long-term tools for maintaining physical function, especially as people move into their 30s and beyond. For Ligan, the benefits are already visible. He's able to run without setbacks, lift without pain, and recover without losing momentum.

He structures training as part of his week rather than an afterthought. It supports his work schedule, [improves his sleep](#), and helps anchor other routines like nutrition and time management. His view is that strength training shouldn't dominate your life. It should support it.

The Charlotte area offers him flexibility to train indoors or outdoors depending on the season. He uses local gyms and public spaces to maintain his habits without overcommitting to rigid programming. By keeping things accessible, he lowers the friction that often keeps people from staying consistent.

In his [professional life](#), Ligan brings the same attitude. Compliance work, financial planning, and client support all benefit from a calm, prepared approach. The discipline from training translates directly into how he handles responsibility, schedules, and outcomes.

Strength training, in this context, becomes more than a fitness habit. It's a stabilizing factor in a life that includes career building, goal setting, and community involvement. He's not training to win anything. He's training to last.

## About Benjamin Ligan

[Benjamin Ligan](#) is a Charlotte-based graduate of The Ohio State University Fisher College of Business with a minor in personal finance. His background includes Sarbanes Oxley internal audit compliance, client service operations, and financial planning support. He holds certifications in E-Money and Holistiplan and has passed the Securities Industry Essentials exam. Ligan maintains an active training schedule focused on strength and endurance. He is pursuing a long-term career in [wealth management](#).

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