



IMPROVING STRENGTH

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4 KEY COMPONENTS OF FITNESS

- Endurance
- Balance
- Flexibility
- Strength



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WHY DO WE CARE?

As we age...


↓ MUSCLE and ↓ BODY FAT

Strength training can enhance our muscle strength and independence

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THE BENEFITS OF STRENGTH TRAINING

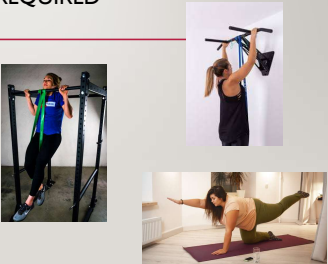
- Increased metabolism – burn calories even at rest
- Reduce risk of osteoporosis
- Enhancing quality of life: stay independent & reduce falls
- Improve chronic conditions



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GYM ≠ REQUIRED

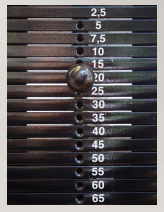
- Body weight exercises
- Exercise bands/tubes
- Free weights
- Yoga



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HOW MUCH?????

- 2+ days/week- 30 min –All major muscle groups
- Don't work same muscle group 2 days in a row
- Depends on your fitness level!
- Should be hard to very hard—8X should be possible
- Gradually increase weight, continue until you can do X10-15, then add more weight when you can do that easily



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SAFETY

- Talk with MD (especially with hip/back surgery)
- Don't hold breath
- Breathe out as you lift or push and breath in as you relax
- Don't jerk or thrust weights; Use smooth steady movements
- Muscle soreness and fatigue is normal in beginning
- If these continue, talk to MD, PT

