

Staying Strong

Exercise for the Older Adult

Your body changes with aging

- Decreased muscle strength
- Decreased muscle size
- Decreased muscle endurance
- Decreased bone density
- Decreased flexibility
- Decreased balance



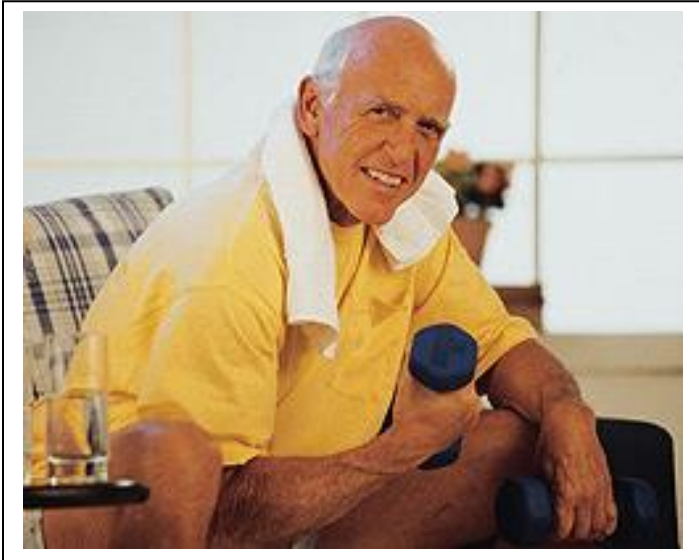
<http://www.cdc.gov/physicalactivity/images/growingstronger/intro1.jpg>

Benefits of Strength Training

Strength training, or resistance training, involves moving your muscles against a force. This can be your own bodyweight or using weights and machines. Along with cardiovascular exercise and proper nutrition it can help prevent disability and even reverse some disease processes. These include:

- ❖ Arthritis
- ❖ Diabetes
- ❖ Back Pain
- ❖ Obesity
- ❖ Osteoporosis
- ❖ Depression

Strength Training



<http://www.cdc.gov/physicalactivity/images/growingstronger/why1.jpg>

Additional Benefits of Strength Training Include:

- Stronger muscles
- Stronger bones
- Better sleep
- Healthier heart
- Increased independence

References

Swain DP, ACSM, Brawner CA. ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. Lippincott Williams & Wilkins; 2012.

<http://www.cdc.gov/physicalactivity/growingstronger/index.html>

Seguin R, Nelson M. The benefits of strength training for older adults. *American Journal Of Preventive Medicine*. October 2003;25:141-149.

Strength training should be part of a balanced exercise program especially as you age. A few things to remember when strength training:

- Participate in strength training 2-3 days per week.
- Allow for at least one rest day between exercise sessions.
- Make sure to work both upper and lower body.
- Spend 5-10 minutes to warm up prior to exercises. This can be a brisk walk or on an exercise bike.
- Focus on multi-joint movements such as squats or pushups.
- Aim for 3 sets of 10-12 repetitions for each exercise.
- Cool down afterwards by stretching muscles that were worked.

Always check with your doctor before starting a strength training exercise program. Some health conditions require special modifications to exercise.

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