

Strengthening for Seniors

What can strength training do for you?

- Increases physical capacity
- Decreases fall risk
- May decrease depression
- Enhances muscle strength
- Improves body composition
- Increases function
- Boosts self esteem
- Strengthens bone

Who is too old for weights?

NOBODY!

Older adults respond similarly to younger individuals with exercise and strength training.

Therefore...

It's never too late to strengthen!



<https://medlineplus.gov/rehabilitation.html>

Training Tips

1. **Hydration**: Be sure to drink at least 8 cups of water per day.
2. **Vitamin D3 and Protein**: Eating balanced meals with adequate variety is important to building strength. Visit: www.choosemyplate.gov
3. **Challenge Yourself**: Safely, progressively challenging your muscles will continue to improve performance!
4. **Safety**: Seeing a Physical Therapist or personal trainer may help you avoid personal injury. Resistance machines are a safe way for beginners to get started. Free weights can be used under professional supervision to ensure safety during progression.

Misleading Myths

1. "Weights will damage my joints"
 - Resistance exercise helps give joints proper nutrition and strengthens bone!
2. "I shouldn't exercise; I might fall"
 - Strengthening improves balance and mitigates fall risk.
3. "It's too late to make a difference"
 - It's never too late; benefits of strengthening can occur at any age!

Where do I start?



- **Physical Therapy**
→ Therapists are movement experts that can help you regain, maintain and improve your function.
- **Personal trainers**
→ Licensed personal trainers can instruct you on how to properly enter the world of strength training!
- **Local gyms & community centers**
→ These facilities may have helpful information on how you can find a way to begin strength training that works for you.

Strength Training Principles

- **Which exercise? --- MODE**
Compound exercise machines allow you to safely recruit the most amount of muscle mass ie. leg press, chest press, and seated row.
- **How heavy? --- INTENSITY**
Choose a weight that you can perform 8 times before feeling tired. As strength improves, increase intensity by no more than 5lbs at a time.
- **How many? --- VOLUME**
Perform one set of 6 repetitions. As you gain strength, progress to 2-3 sets of 6 repetitions.
- **How often? --- FREQUENCY**
2-3 times per week, allowing for 24-48 hours of rest between training sessions of the same muscle group.



http://archive.tukwilawa.gov/recreation/recbrochure_previous.pdf

Silver Sneakers is a free exercise program available to those 65+ allowing participation in physical activity and social integration. Over 13,000 facilities participate nationwide! Go to silversneakers.com to check your eligibility!

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