

What is Strength Training?

Strength training increases the amount of muscle mass on your body. Strength training involves simple exercises using some type of “resistance”. That resistance may be your own body weight, free weights, weight machines, fitness bands or even milk jugs or soup cans. The increase in muscle mass from lifting against resistance is caused by an increase in the number of muscle fibers being used and the breakdown and repair of muscle fibers. The size and strength of our muscles decreases as we get older unless we do strengthening exercises regularly.

What Can Strength Training Do For Me?

● Prevent Injury

We all lose muscle as we age, but you can slow the loss by simply challenging your muscles a few times a week. Muscle surrounds your bones, moves your joints and provides the structure of your body. The more muscle you have the stronger your joints – and a strong joint is less likely to sustain injury.

You may experience some muscle soreness and fatigue as you begin strength training. This is normal, and indicates your muscles are rebuilding to become stronger. However, you should not experience sore joints or exhaustion, nor should you experience any pain.

● Aid Weight Loss

Muscle requires more energy (calories) to maintain than does fat. This means that the more muscle you have, the more calories you burn at rest. Strength training is an important part of a weight loss program. Strength training also gets you moving which is a great way to improve your mental attitude and help keep you motivated to eat right.

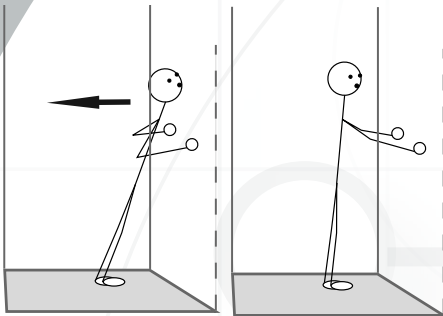
● Prevent Disease

Osteoporosis, arthritis, depression, diabetes and obesity, as well as related conditions such as heart disease, stroke and high blood pressure, all respond positively, and relatively quickly, to a regular exercise program that includes strength training.

What Types of Strength Training Exercises Should I Do?

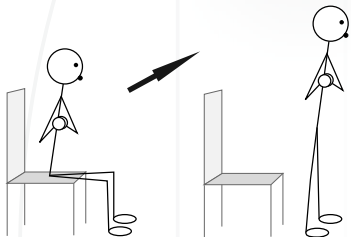
Here are five simple exercises that you can do at home.

- Perform each of these exercises two or three times weekly with one day off between exercise sessions.
- When performing all exercises, start slowly and work toward 8-15 repetitions.



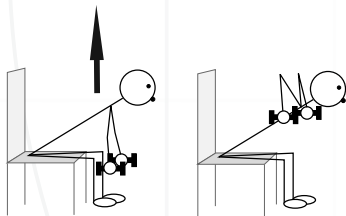
Wall Pushups - Chest

- Keep shoulders down and relaxed.
- Keep chest out, hands on wall slightly wider than shoulder width apart.
- Bring chest toward wall, not chin.
- Exhale as you push away from wall.



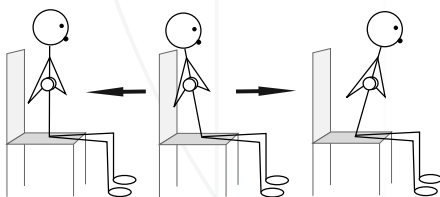
Chair Squats - Legs

- Sit toward the front edge of a sturdy chair, shoulders relaxed, arms across chest.
- Come to a standing position as you push through your heels without rocking forward.



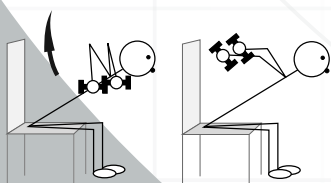
Lat Row in Chair - Back

- Lean forward in a sturdy chair, chest over thighs.
- Hold a soup can or weight in each hand, palms facing in toward your sides.
- Pull hands toward chest, elbows toward the ceiling.



Chair Back Touches - Abdominals

- Sit toward the front edge of chair.
- Keep back straight, arms across chest.
- Lean back as if trying to touch shoulders to chair back.
- Sit up straight again using the abdominal muscles to pull you forward.



Triceps Extensions - Arms

- Lean forward in a sturdy chair, chest over thighs.
- Hold a soup can or weight in each hand, palms facing in toward your sides.
- Raise elbows up toward ceiling.
- Slowly raise and lower cans behind you, leaving elbows stationary.