Aging Strong:

How Resistance Training Improves Strength, Balance and Independence

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INTRODUCTION AND OVERVIEW

- *What is Resistance Training
- *Why Resistance Training is important as we age
- *Safety Considerations
- *Key Benefits for older adults
- *How to perform resistance exercises safely
- *Summary and Takeaway

WHAT IS RESISTANCE TRAINING

Exercise that works muscles against a specific resistance

Resistance can come from:

- Dumbbells
- Barbells
- Resistance bands
- Machines
- Bodyweight

Reasons to Do Resistance training

- Improve overall health
- Maintain a Healthy body weight
- More functionality in everyday activities
- Stay strong and independent

Important Things to Consider

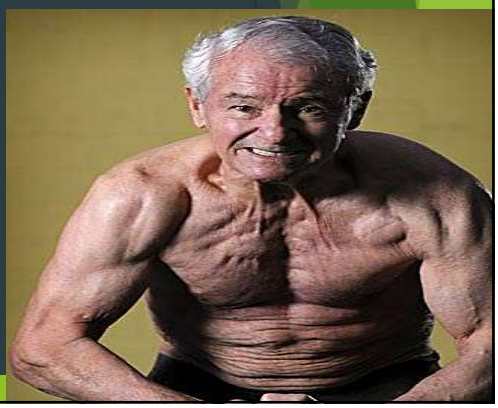
- Daily routine and schedule
- Available equipment
- Type of resistance used
- Proper Instruction
- Current fitness level

Primary Benefits of Resistance Training

- Increases muscle strength and tone
- Enhances metabolic rate
- Improves bone density
- Supports weight management
- Boosts overall physical performance

KEY ADVANTAGES OF RESISTANCE TRAINING

- Assists in preventing the decline of muscle mass and strength associated with aging (Sarcopenia)
- Contributes to preserving overall strength and mobility
- Enhances balance and promotes increased independence



MAJOR BENEFITS OF RESISTANCE TRAINING

Stronger Muscles

1.Makes daily tasks easier

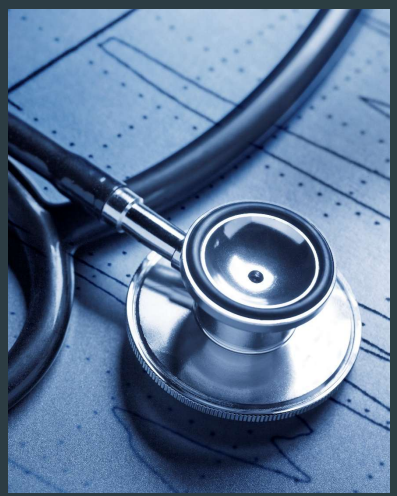
2.Improves balance and stability

3.Supports flexibility and mobility

MAJOR BENEFITS OF RESISTANCE TRAINING

STRONGER BONES

1. STRAIN STIMULATES BONE FORMATION
2. BONE IS ALIVE
3. DECREASED RISK OF OSTEOPOROSIS
4. LOWERS RISK OF FALLS AND FRACTURES



MAJOR BENEFITS OF RESISTANCE TRAINING

Supports Heart Health

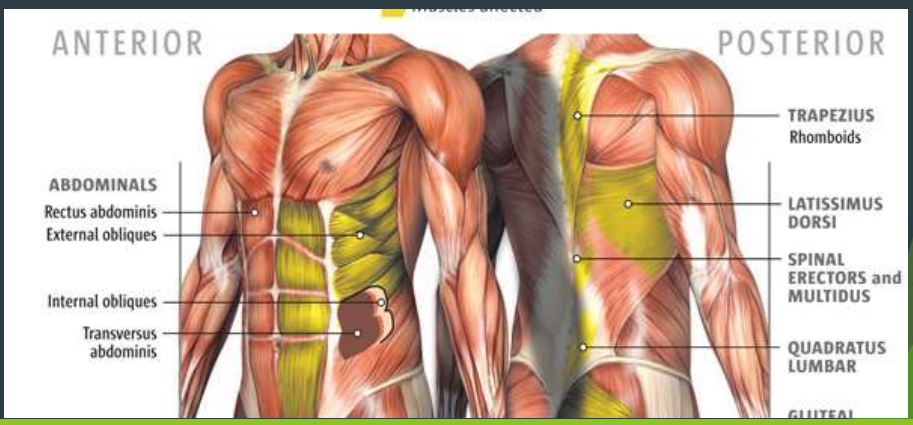
1. Improves cardiovascular health
2. Helps prevent Heart disease
3. Manage cholesterol levels
4. Healthy blood pressure

PERFORMING A RESISTANCE EXERCISE

- 1. STABILIZE CORE
- 2. DETERMINE MOTION
- 3. MONITOR PATH OF MOTION
- 4. MONITOR RANGE OF MOTION
- 5. MONITOR SPEED OF MOTION
- 6. ENGAGE PROPER BREATHING

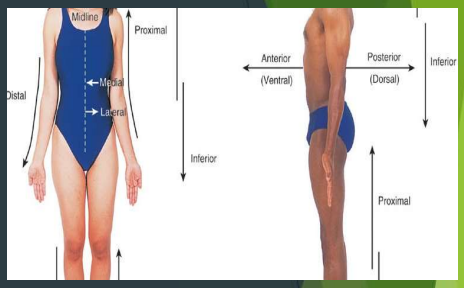
PERFORMING A RESISTANCE EXERCISE

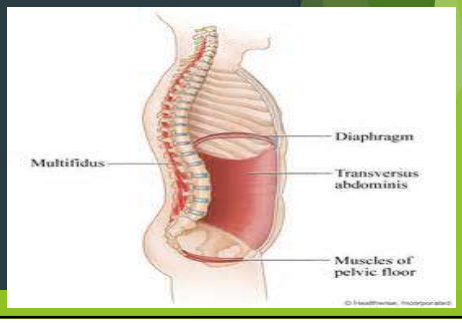
- STABILIZE CORE
- ANY MUSCLE THAT ATTACHES TO SPINAL COLUMN AND PELVIS



PERFORMING A RESISTANCE EXERCISE

- STABILIZE CORE
  - 1.ANATOMICAL POSITION
  - 2.DIAPHRAMATIC BREATHING
  - 3.ENGAGE TRANSVERSE ABDOMINUS



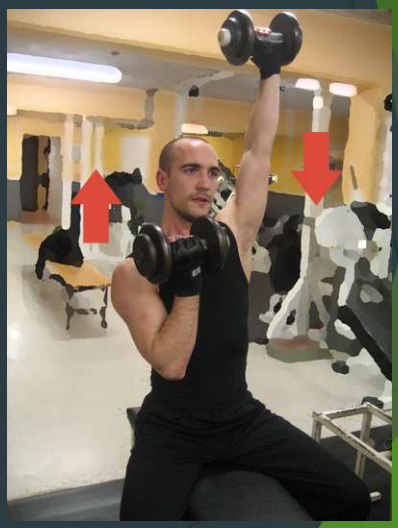


PERFORMING A RESISTANCE EXERCISE

- DETERMINE THE MOTION
  - 1. FLEXION/EXTENSION
  - 2. ABDUCTION/ADDUCTION
  - 3. INTERNAL /EXTERNAL ROTATION

PERFORMING A RESISTANCE EXERCISE

- MONITOR PATH OF MOTION



PERFORMING A RESISTANCE EXERCISE

- MONITOR RANGE OF MOTION

PERFORMING A RESISTANCE EXERCISE

- MONITOR SPEED OF MOTION

PERFORMING A RESISTANCE EXERCISE

- ENGAGE PROPER BREATHING

SUMMARY AND CLOSING

*Strength training is safe at any age

*Lifting weights supports daily movement and confidence

*You don't need heavy weights just consistency

Final Message

It's never too late to get stronger/Strong muscles support a strong life

Mahalo!

Interested in Learning more?

Personal training
-one on one guidance
-training designed for 50+ adults
-recommended for beginners

Small Group Strength Training
-2 people per class/4-5 people per class
-safe supportive group environment

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