Reasons why? Strength Training For Older Adults

*Exercise bands are inexpensive, compact and easy to use, and are therefore a convenient means of strength training for those who are older, on limited incomes, or who travel.*

Is it important that you’re able to perform your daily tasks, enjoy your recreational activities, and care for yourself? You don't have to accept frailty as you age!

Have you ever been told that losing muscle and gaining fat are just part of the natural aging process? The fact is that many of the symptoms of old age are really the symptoms of inactivity. By using our muscles less we create muscle weakness, bone loss, and a slower metabolism. Use it or lose it! There is none better to describe what happens to our bodies as we age.

**Strength Training: The Primary Weapon Against Aging –**

*700ml bottle of sand = 2.8lbs & water = 1.75lbs*

*1 litre water = 2.5lbs 1.5 litres = 3.5lbs*

Strength training for women as well as men, older adults as well as younger adults is extremely important in combating the age-related declines in muscle mass, bone density and metabolism. It is an effective way to increase muscle strength and to shed unwanted inches. *Strength training also helps to decrease back pain, reduce arthritic discomfort, and help prevent or manage some diabetic symptoms.*

**Osteoporosis Prevention** - New studies from tufts university shows that strength training at any age can actually add bone, not just slow its loss!

**Arthritic Pain Decreases** - Sensible strength training may be one of the best ways to get relief from your arthritis. Not only will it help to lubricate and nourish the joint, strength training will also strengthen the muscles around the joint, providing it with greater support.
Glucose Metabolism Improvement - As we age poor glucose metabolism is associated with Type II diabetes. One study found that after 4 months of strength training, there was an average increased glucose uptake of 23%!

Strength Training is a Simple Concept - It involves briefly working your muscles, on a regular basis, a little more than they are accustomed to working. This causes your muscles to become stronger and more toned. Also, your tendons, ligaments and bones will be strengthened. This strengthening will make your joints more stable and less prone to injury. Everyday tasks will become easier, such as picking up grocery bags or grandchildren, getting up from a low sofa or going up stairs.

If It's So Great, Why Aren't We Using It? - Why don’t you write down ONE GOOD reasons why you don’t do regular resistance training!

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A Call to Action - Strength training is critical for combating frailty and disability, for increasing strength and mobility, for staying active and self-sufficient. Research has consistently shown the fitness and health benefits of strength training for older adults; older adults who used rubber tubing for 12 weeks on a moderate program increased their strength an average of 82%.

Traditionally it was thought that it was normal to get weak and feeble as one aged. We now know that this is not true--that inactivity is the culprit, not aging itself. But you are lucky--you have access to new research that wasn't available to the previous generations.