

# FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+



## Strength Training

Resistive strength training is often mistakenly thought to involve lifting heavy weights and only for men who want to build big bulky muscles. The truth is that muscle resistive training (strength training) is a necessary component for good health. Just like aerobic exercises like walking, swimming, biking and running help make a stronger heart, muscle resistance training helps build stronger muscles, ligaments and tendons so that you can;

1. More easily perform the activities of daily living (lifting, stair climbing, walking).
2. Have better balance and agility to reduce the risk of falls, sprains and strains.
3. Perform better athletically in the sport you play.
4. Enjoy your involvement in recreational activities such as golf, tennis, bik-

ing, bowling.

### Strength Training and Mental Health

#### Depression

Strength training has been shown to provide the same improvements in depression as anti-depressant medication. It is not known if this is because people feel better when they are stronger or if strength training produces a helpful biochemical change in the brain. It is most likely a combination of the two.

#### Sleep Improvement

People who exercise regularly enjoy improved quality of sleep. They fall asleep more quickly, sleep more deeply, awaken less often and sleep longer. As with depression, the sleep benefits obtained as a result of strength training are comparable to treatment with medication but without the side effects or

expense.

#### Self-Confidence

It is also well documented when someone, especially an older adult, participates in strength training programs, their self-confidence and self-esteem improve, which has a significant impact on their quality of life.

#### Dementia

Regular, mild muscular resistance exercises have been shown to help reduce the progression of dementia (refer to May's newsletter at [www.forever-active.com](http://www.forever-active.com) for more info on this topic).

In summary, it is evident that mild to moderate muscular resistance strength training 2 or 3 times week is necessary for everyone. Research has shown that strengthening exercises are both safe and effective for men and women of all ages.

## DID YOU KNOW

### The Benefits of Strength Training

1. Arthritis Relief – According to the Centers for Disease Control and Prevention a recent study evaluated a strength training program with older man and women with moderate to severe knee osteoarthritis. After 16 weeks, the program showed that strength training decreased the pain by 43%, increased muscle strength and general physical performance and decreased disability. The key finding was that the effectiveness of strength training to ease the pain of osteoarthritis was just as potent, if not more so, than medication. Interestingly, similar effects of strength training have been seen in patients with Rheumatoid Arthritis.

2. Strengthening of Bones (Osteoporosis prevention) - Post-menopausal women can lose 1-2% of their bone mass yearly. Results from a study in the American Medical Association journal showed that strength training increased bone density and significantly reduced the risk of fractures among women and men.

3. Proper Weight Control—Strength training has been shown to be crucial to weight control. Individuals who have more muscle mass have higher metabolic rates (up to 50% higher) because muscle is an active tissue that uses calories vs stored fat which uses very little energy.

4. Restoration of Balance and Reduction of Falls—As we age we become stiffer, weaker and less coordinated (poor balance). Strengthening exercises, when done properly and through their full range of motion, increase a person's flexibility, strength and neuro-muscular coordination which has been shown to reduce falls by greater than 40%. (refer to June's newsletter at [www.forever-active.com](http://www.forever-active.com) for more info on this topic).



## Join Us

### Hogg's Hollow Run and Walk Club



Join your neighbours in a relaxed environment twice a week, Mondays at 6:30 and Saturday mornings at 8:30, to run or walk for fun and fitness. Walk or Run different distances that meet your fitness level and goals.

Contact Mike at 416-487-5174 or [mike@forever-active.com](mailto:mike@forever-active.com)

## Muscular Resistance Strengthening Exercises do not have to be Difficult to be Effective



Muscular Resistance Strengthening exercises can be effectively performed at home. Dumbbells or resistance rubber bands work very well and when done properly will give you the results that you are looking for.

### Medical Clearance

It is advisable, before starting a home exercise program, to consult your medical doctor to ensure that there are no pre-existing conditions that would make resistance type exercises contra indicated to perform.

### Guidelines:

1. Always warm-up for 5-10 minutes before you start your resistance training.
2. While exercising, if you feel pain or discomfort stop immediately. If the pain does not subside shortly after stopping you should consult your doctor to determine if an injury has occurred. Always err on the side of caution when trying to decide if you should stop exercising and seek consultation.
3. Increase the number of repetitions and amount of weight slowly and only when you can do the exercise without fatigue. Remember the resistance exercises don't have to be that strenuous to be effective.
4. Breathe normally while per-

forming an exercise. NEVER hold your breath.

5. Do each exercise slowly and under control. Never do fast jerky movements.

6. Reps - 10, Sets - 2,  
Rest 30 sec between sets.

### Upper Body Exercises

#### 1. Chest Press:

Lie on the floor or bench.

- Hold wts in your hands with elbows 95 % extended above your chest.



- Lower the wts to just above your chest or elbows bent 90°. Return wt to elbow extended position.

#### 2. Overhead Shoulder Press:

Sit on a chair /bench with your back straight and feet shoulder width apart and flat on the floor.

-Elastic band under your feet, hands holding the bands or wts. slightly in front of the body at the level of the shoulders.

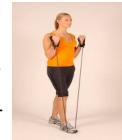


- Lift hands towards ceiling until elbows are 95% straight & then return to starting position.

#### 3. Bicep (Standing)

Stand straight with elastic band under your feet.

- Arms and hands straight down holding handle of elastic band or wt.  
- Bend arms completely and then return to starting position.



#### 2. Triceps (Standing)

Wrap elastic band around a post to anchor at shoulder height and hold handles or wts in your hands.

#### With elastic bands:

- Stand with your back to the anchor with elbows bent at shoulder height.  
- Straighten the elbows 95% & then return to starting position.

#### With Wts:

- Do one arm at a time.  
- Lift one elbow so it points to the ceiling and supported with the other hand.  
- Extend the bent elbow to 95° so wt. moves toward ceiling and then return to bent elbow position.



### Lower Body Exercises

#### 1. Squats

- Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help

keep your balance. Use a chair if needed for balance.

2. Sit back and down like you're sitting into an imaginary chair.

3. Lower down so your thighs are as parallel to the floor as possible. Press your weight back into your heels.



4. Bring yourself back to the starting position.

#### 2. Forward Lunges

- Keep your upper body straight, with your shoulders back and relaxed and chin up.

- Step forward with one leg, lowering your hips until both knees are bent at about 90°. Keep the weight in your heels as you push back up to the starting position.



### **Additional Lunge exercises that require more strength and balance;**

1. Walk forward Lunge - with each step forward you do a forward lunge.
2. Reverse Lunge - you step backwards and lower your hips and knee.
3. Side Lunge - Step sideways and bend your knee lower hips.

**"Small Steps Leads to Big Differences"**

***July Special***

**Comprehensive Fitness & Health Assessment \$25.00 &**

**1st two exercise sessions for the price of one**

**A great way to step into summer**

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