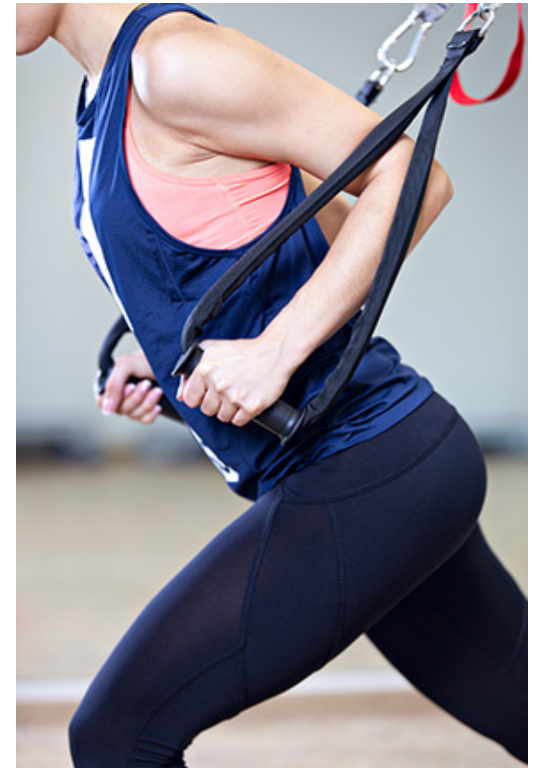


Strength Training Basics

- Also known as resistance training and weight training.
- Includes use of body weight and/or equipment that provides resistance to your bones and muscles – not just free weights!
- Primarily increases strength, power, endurance, and improves body composition.
- Reduces risk of osteoporosis, muscle loss, and injury as you age.
- May help maintain muscle mass during weight loss.



Proper technique is important when performing strength training. Ask an exercise specialist for assistance and/or guidance if you are unsure how to perform a move and/or use a machine.

Strength Training

Frequency

- 2 or more times a week

Intensity and Time

- No specific amount of time is recommended. Exercises should be performed to the point where it's difficult to complete another repetition without assistance.
- Aim for 2-3 sets of 8-12 repetitions per exercise
- Remember that muscle strength is progressive! Increasing the amount of weight and/or the number of days per week that you strength train will lead to strong muscles over time.

Type

- Lift free weights, use weight machines, and resistance bands.
- Body weight exercises (some types of yoga, push-ups, and sit-ups).
- Everyday weight-bearing activities (gardening and carrying groceries).
- Incorporate all the major muscle groups on 2 or more days/week (legs, hips, back, chest, abs, and shoulders).