



STRENGTH TRAINING

Strength training is fundamental for anyone looking to increase overall health and can be tailored to any age or body type. Without sufficient resistance training, muscle mass can decline up to 50% between the ages of 20 and 80.

The importance of muscle in the body

Your body likes muscle. An increase in muscle allows the body to burn more calories, instead of holding onto the majority of energy (food) you take in. The stronger your muscles are, the easier daily activities become like lifting bags at the grocery, getting out of bed/chair, or squatting down to pick something up. Check out additional benefits of strength training aside from increasing weight loss and functionality.

The Benefits of Strength Training

Strength training increases self-esteem, independence, and energy, and also decreases body fat. You may also see a reduction in the symptoms of diseases including arthritis, osteopenia and osteoporosis, diabetes, heart disease, back pain, and depression.

Try these activities to build strength

Band or Bodyweight Row



Band: Wrap a resistance band around a your feet, a secure object or have a person hold one end. Pull band back, keeping elbows in tight. If you don't have a band, try the **Bodyweight Modification:** Find a railing you can slide your feet underneath, holding your body at an angle. Pull your chest up to the railing and release to starting position.

Plank



Start laying on the ground on your stomach. Keeping your belly button drawn in, lift your body up onto your elbows and toes. Try holding for 20 seconds.

Modification: Place your elbows on an elevated surface and perform the same movement.

WELLNESS
CHANGES
EVERYTHING

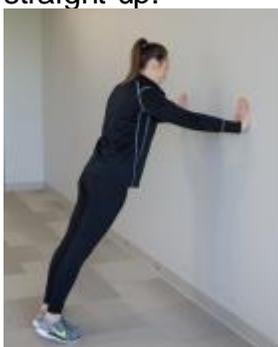




Push Up



Start in a plank position, either kneeling or on your toes, with your hands aligned with your shoulders. Engage your abs. Bend your elbows so your chest hovers over the floor and then press straight up.



Modification: Place hands on elevated surface.

Squat



Stand with your feet shoulder-width apart. Sit your hips back like you are sitting down in a chair. Sit down until legs are parallel to the ground or as far as you can go. Your weight should be in your heels when you're at the bottom of the squat. Not sure if weight is shifted back? Try and wiggle your toes at the bottom of the squat. If you can easily wiggle them, you're doing great!

Modification: Start seated in a chair with your legs at 90 degrees. Stand up.

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