STRENGTH TRAINING
MIND * BODY * SPIRIT

Presented by: Kathy Ellis - June 2017
Presenter

Kathy Ellis

- Director of Health & Wellness at Granite Group Benefits
- 13 Years Certified Personal Trainer
- Masters in Human Performance & Health Fitness
- Extreme passion for movement!
Reminders

Check out the updated website for all information regarding the new Easterseals Wellness Program!

www.easterseals.com/nh/who-we-are/employees-only/wellness-news-and-information.html
Agenda

• Benefits of strength training
• Strength training guidelines
• Tips for designing your workout
• Breaking down barriers
• Next steps

This information is intended for educational purposes only and should not be interpreted as medical advice.
Building Strength

“Take care of your body, then the rest will automatically become stronger.”
- Chuang Tzu
Benefits of Strength Training
4 Components of Physical Activity

Cardio

Strength

Daily/Leisure

Flexibility
Strength: What is It?

- **Muscle strength** is the maximum amount of force that any one or combination of muscle(s) can produce in a single effort.

- **Muscle endurance** is the ability of a muscle group to exert a force over a prolonged period of time.

- **Strength training** is the use of resistance to build the strength, endurance, and size of skeletal muscles.

- *Strength* training and *resistance* training mean the same thing.

Source: American Council on Exercise
Benefits of Strength Training

- Develop strong bones
- Control weight
- Increase metabolism by up to 15%
- Reduce risk of injury and falls
- Boost stamina
- Prevent insulin resistance
- Improve sense of well-being
- Get a better night’s sleep
- Manage chronic conditions
- Improve posture
- Helps with everyday activities

Source: Center for Disease Control and Prevention; Andersen et al., J Physio, 2003
True or False: Losing strength and muscle tone as we age is preventable.

Correct Answer: TRUE

Source: American Council on Exercise
Types of Strength Training Activities

- Body weight
- Resistance tubing
- Free weights
- Weight machines
- Plyometrics
- Group fitness classes

Source: American College of Sports Medicine; Centers for Disease Control and Prevention; American Council on Exercise
Strength Training Guidelines
Before You Begin

It is suggested you talk to your doctor before starting any exercise program. Your doctor can tell you which activities are right for you. When you begin a program be sure to start slowly. Don’t do any vigorous exercise at first.
Before You Begin

If you have any of the following conditions, talk with your doctor before increasing any physical activity:

- Diabetes or any disease of the heart or lungs
- High blood pressure
- Any history of chest pain
- Breathing problems or shortness of breath
- Dizziness, loss of balance
- Swelling in your ankles, bone or joint problems, or unusual tiredness
- You are over 69 years of age and are not used to being very active
- You are pregnant

Source: American College of Sports Medicine
Strength Training Guidelines

• Complete 8-10 exercises that train the major muscle groups
• Two or more times per week
• Choose a resistance that allows you to reach fatigue in 8-12 repetitions
• An effective workout can be accomplished in as little as 20 minutes

Source: Dept. of HHS, Physical Activity Guidelines for Americans, 2008; Center for Disease Control and Prevention; American College of Sports Medicine
Strength Training Guidelines

- Complete all exercises in a slow, smooth and controlled motion
- Maintain good posture
- Don’t lock your joints
- Use proper breathing techniques
  - Breathe out (exhale) as you lift, pull, or push
  - Breathe in (inhale) as you return to the starting position

Source: Dept. of HHS, Physical Activity Guidelines for Americans, 2008; Center for Disease Control and Prevention; American College of Sports Medicine
Strength Training Guidelines

- Warm-up before strength training
- Cool-down after strength training
- Allow adequate rest between exercises
- If an exercise causes pain, **stop**
- Keep an exercise log

Source: Dept. of HHS, Physical Activity Guidelines for Americans, 2008; Center for Disease Control and Prevention; American College of Sports Medicine
Hot Topic: Single vs. Multiple Sets

• One set of 8–12 repetitions can improve strength and size particularly in beginner exercisers

• Two to four sets per muscle group may be more effective for additional strength and size gains.

Source: American College of Sports Medicine
For Beginners

- Start light
- Focus on the quality of movement
- Consult with a certified fitness professional

Source: American Council on Exercise
Progressing to the Next Level

• **Step One:** Once you can comfortably lift a weight 12 times, you’re ready to progress to the next level.

• **Step Two:** Increase the weight by five to 10% or just enough so that you can lift it only eight times.

• **Step Three:** Once you have mastered the new weight and can comfortably lift it 12 times, it’s time to progress again.

Source: American Council on Exercise
Stuck in a Rut?

- Evaluate the other aspects of your life
- Make sure you are not overtraining
- Find a qualified trainer
- Review your technique

Source: American Council on Exercise
Stuck in a Rut?

• Consider periodization
• Add plyometric training
• Make sure you’re eating properly

Source: American Council on Exercise
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Tips for Designing Your Workout

- **upper body**: chest, upper back, shoulders and arms
- **core**: lower back and abdominals
- **lower body**: hips and legs
Tips for Designing Your Workout

Full Workout: 2 days per week
1. Chest
2. Upper Back
3. Shoulders
4. Triceps
5. Biceps
6. Quadriceps
7. Hamstrings
8. Calves
9. Abdominals
10. Lower Back

Split Workout: 4 days per week
Days 1 & 3:
1. Chest
2. Upper Back
3. Shoulders
4. Triceps
5. Biceps

Days 2 & 4:
1. Quadriceps
2. Hamstrings
3. Calves
4. Abdominals
5. Lower Back
Sample Strength Training Exercises

Push-Ups

Strengthens chest, shoulders, biceps and triceps

Wall Push-Ups (easiest)

Knee Push-Ups (modified)

Push-Ups (full)
Sample Strength Training Exercises

Chest Press

Strengthens chest

Seated Row

Strengthens upper back
Sample Strength Training Exercises

Lateral Raises
Strengthen shoulders

Shoulder Flexion
Strengthen shoulders
Sample Strength Training Exercises

Arm Extensions
*Strengthens triceps*

Arm Curls
*Strengthens biceps*
Sample Strength Training Exercises

Crunches

Strengthens abdominals
Sample Strength Training Exercises

Squats
*Strengthens abdominals and quadriceps*

Lunges
*Strengthens gluteus, quadriceps and hamstrings*
Sample Strength Training Exercises

Hip Flexion

*Strengthens hip and quadriceps*

Hip Extension

*Strengthens gluteus and low back*
Sample Strength Training Exercises

Leg Curls

Strengthens hamstrings
Sample Strength Training Exercises

For more ideas and tips, visit www.acefitness.org/workouts
Breaking Down Barriers
Breaking Down Barriers

- Learn what motivates you
- Ask for support
- Take small steps
- Monitor your progress
- Reward yourself

“It's the lack of faith that makes people afraid of meeting challenges, and I believe in myself.”
- Muhammad Ali

Source: Centers for Disease Control and Prevention
Breaking Down Barriers

The #1 reason people stop exercising or never start:

- Lack of time

Possible Solutions:

- Break your activity into shorter sessions
- Identify current time wasters, such as TV watching
- Plan physical activity into your daily schedule
- Use the one-set approach to save time
- Think *activity* rather than *exercise*

*Source: American College of Sports Medicine*
Next Steps
Small Steps for Success

• Choose just one new exercise to add this week
• Purchase strength training equipment (optional)
• Try just one or two reps of a new exercise
• Connect your new habit to a “trigger”
For more information

- Physical Activity Guidelines for Americans, www.health.gov/paguidelines
- Centers for Disease Control, www.cdc.gov/physicalactivity
- American College of Sports Medicine, www.acsm.org
- American Council on Exercise, www.acefitness.org
You’re never too old to start a muscular strength and endurance routine.

You may be surprised how quickly you become stronger and the exercises become easier!
What’s YOUR Next Step?

Think about what we discussed today and What is ONE small step you can do this week to build strength.
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Thank You!