

Get leaner and Stronger this Spring with

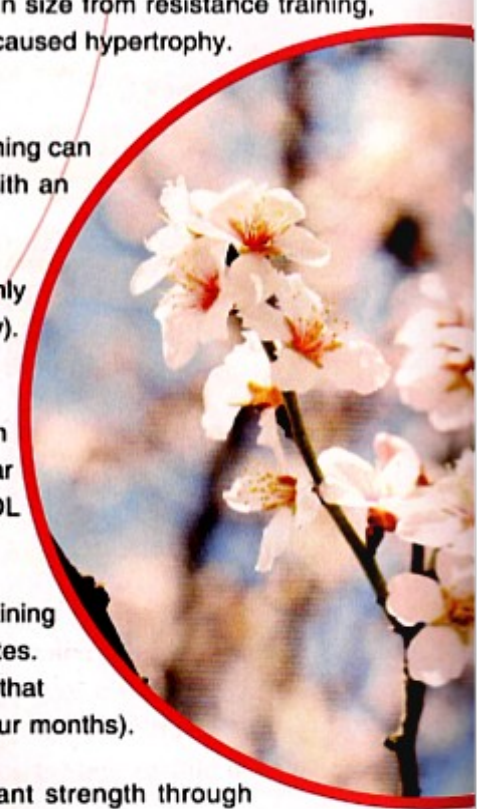
- Resistance Training for Seniors

By Sizwe Gumede - September, 2011

As people get older they do less and less physical activities. As a result their muscular and skeletal systems get weak and they experience muscle **atrophy** (decrease in size of body organ or tissue) throughout the aging process. However it has been shown that resistance training can enhance muscle mass and function even in 90 year old subjects and is the most effective way to maintain the quality of life as we age. Resistance training is any sort of strength training that involves using resistance, such as weights, water, or body weight to strengthen the muscles.

Reasons why seniors should do resistance training

- They will lose body fat (study performed by Wayne Westcott, PHD from the South Shore YMCA in Quincy, Massachusetts, found that the average woman who strength trains two to three times a week for 2 months will gain nearly 2 pound of muscles and lose 3.5 pounds of fat).
- They will gain strength (research found that unlike men, women typically don't gain size from resistance training, because compared to men, women has less 20-30 times less of the hormone that caused hypertrophy. You will however, develop muscle tone and definition).
- They will decrease the risk of osteoporosis (research has shown that resistance training can increase spinal bone mineral density by 13 percent in 6 months. This coupled with an adequate amount of dietary calcium).
- They will reduce the risk of injuries, back pain and Arthritis (resistance training not only build strong muscles, but also builds strong connective tissues and increase joint stability). This act as reinforcement for the joints and prevent injuries.
- They will reduce the risk of heart disease (according to Dr. Barry A. Franklin, of William Beaumont Hospital in Royal Oak, Michigan, resistance training can improve cardiovascular health in several ways, including lowering LDL ("bad") cholesterol, increase HDL ("good") cholesterol and lowering blood pressure).
- They will reduce the risk of diabetes (In addition Dr. Franklin noted that resistance training may improve the way the body processes sugar which may reduce the risk of diabetes. Adult onset diabetes is a growing problem for women and men. Research indicates that resistance training can increase glucose utilisation in the body by 23 percent in four months).
- It's never too late to benefit (people in the 70s and 80s have built up significant strength through resistance training and studies show that strength improvements are possible at any age).
- They will improve their attitude and fight depression (at Harvard study found that 10 weeks of resistance training reduced clinical depression symptoms more successful than counselling did. People who do resistance training commonly report feeling more confident and capable as a result of their program, all important factors of fighting depression).



Resistance Training Programme



Water Bicep Curls

Holding two water bottles bend the elbows and then straighten them. Face forward and relax the neck and shoulders. This exercise tones the front muscles of the arm. Repeat the movement 15 to 20 times.



Chair Triceps Dips

Holding on to a chair bend the elbows and lower yourself down and then straighten the elbows and push yourself up. Keep both feet flat in the floor. Repeat the movement 10 to 15 times. This exercise tones the back muscles of the arm.



Standing Calf Raise

Stand up as straight as you can and hold on to a chair. Lift the heels off the floor and hold the position for 1 second and then lower the heels down to the starting position. This exercise strengthens and tones the calf muscles. Repeat the movement 15 to 20 times.

Breathing - Seniors must make sure to breathe continuously when performing resistance exercises. For best results, they should exhale during each lift, push or pull movement and inhale each lowering movement and breathe continuously throughout every repetition.
TIPS - For maximum benefits do the program 3 times a week. Train every second day and take a break in between so your muscle can get time to recover. Remember to always consult with your doctor before starting any exercise program.



Chair Squats

Start from a standing position then bend the knees and sit on a chair and lift yourself up back to a standing position. Repeat 15 to 20 times. This exercise tones the buttock and leg muscles.



Door Press Up

Place your hands on either side of the door, bend the elbows and lean forward and straighten them back to the starting position. Repeat 10 to 15 times. The door press up tones the pectoral, shoulders back and arm muscles.

ENJOY AND GET LEANER AND STRONGER THIS SPRING.



Sizwe Gumede

Sizwe Gumede is a fulltime Yoga Instructor and Personal Trainer as well as presenter and producer of the Isometric abdominal workout DVD.

Cell: 073 203 0292

E-mail:

fitness@sizwepersonaltraining.com

Website:

www.sizwepersonaltraining.com