



# STRENGTH TRAINING OVER AGE 50

## **Special Guidelines**

The **goal** is to lift a weight that is heavy enough to achieve 10-15 repetitions per session before the muscle becomes fatigued.

**Sessions** should be 2-3 times per week to condition all of the major muscle groups – arms, legs, shoulders, and trunk

To reduce the risk of falls and injury, which is more common in people that have been sedentary for long periods, you should begin by strengthening legs, arms, and trunk muscles with 3-4 weeks of weight training before engaging in aerobic exercise.

Also, perform **stretching** exercises, a minimum of 2-3 times per week to increase the range of motion, or amount of movement, of joints

You should not experience pain while lifting weights, but it is normal to feel some soreness the next day.

Common sense should dictate when you stop. If you feel joint or nerve pain, you are probably going overboard.

## **Advantages**

- ✓ Increase in bone mass, lowers risk of developing Osteoporosis and bone fractures
- ✓ Improved strength to perform every day tasks
- ✓ Improves sleep
- ✓ Improves mood
- ✓ Alleviates symptoms of arthritis as it strengthens the muscles, tendons, and ligaments that surround the joints