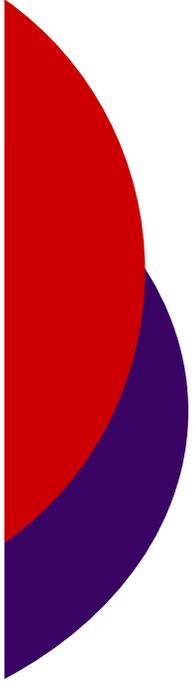


Strength Training:

FAN-tastic Tips with Tati

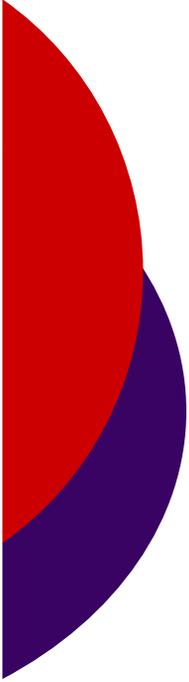


Created Especially For You By Your FAN Intervention Staff



What is strength training?

- “Strength training” refers to exercises that are done to maintain or increase the strength and size of your muscles.
- Strength training helps to make daily tasks easier such as in lifting a laundry basket, carrying groceries, or climbing stairs.

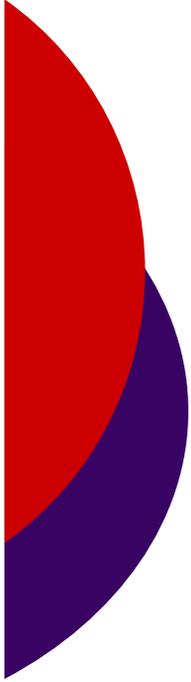


What are the benefits of strength training?

- Improves muscle strength and definition (tone)
- Makes bones stronger
- Puts less work on the heart during daily tasks (e.g. walking)
- Improves cholesterol levels
- Helps manage existing health problems (e.g. improves blood sugar regulation in type 2 diabetes)
- Lowers risk of falls and injury from falls
- Helps to support weight loss

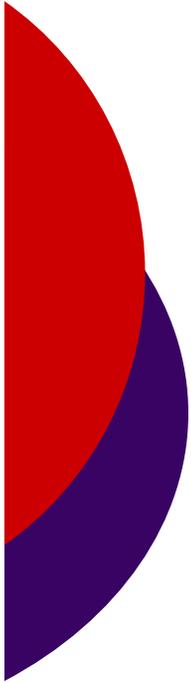


Safety First



Is it safe for you to strength train?

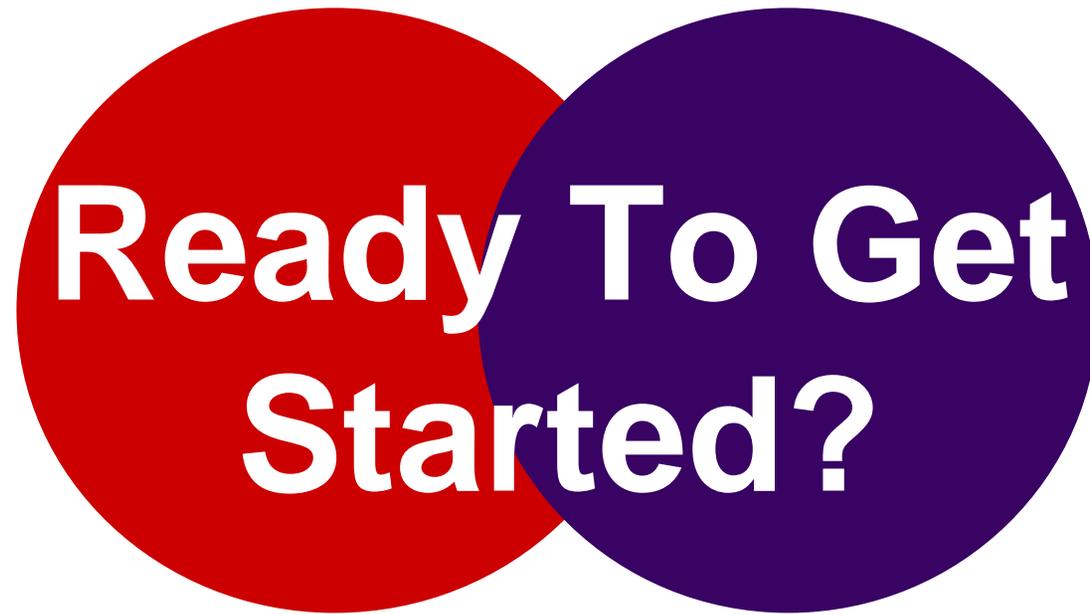
- Know your risks before starting a strength training program.
- Consult your doctor, especially if you have any health concerns.



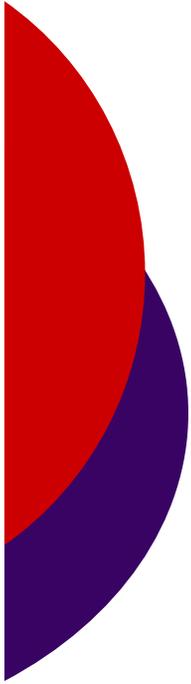
Possible risks...

- asthma
- arthritis
- diabetes
- smoking
- recent surgery
- extreme obesity
- pregnancy
- chronic high blood pressure
- chronic muscle or joint problems
- abnormal ECG or cardiac arrhythmias
- high cholesterol (total > 200)
- family history of heart disease before age of 55
- any cardiovascular disease (including chest pain at rest or during activity)

See your doctor before starting a strength training program if you have any of these conditions



**Ready To Get
Started?**



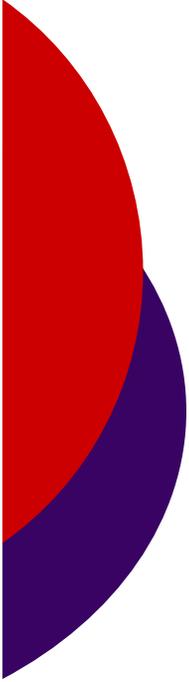
Here are some quick tips...

- ***Warm up:*** Warming up gives your body a chance to send plenty of blood and oxygen to areas that you are about to exercise.

You can warm up by walking 5-10 minutes briskly. A walk will warm your muscles and loosen your joints.

- ***Stretch your muscles:*** Stretching helps to increase and maintain muscle flexibility.

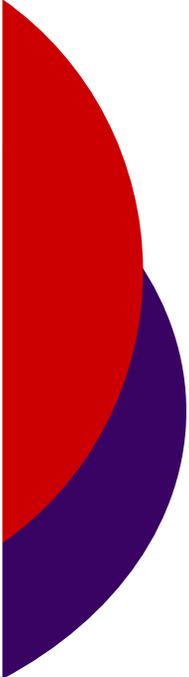
Follow these tips to help prevent injury during strength training



...More Tips

- ***Start low and go slow:*** Pace yourself. When you first start your program, keep your weight light and add more weight slowly over time.
- ***Focus on good technique:*** Go through the complete range of motion (that is, follow all the steps). Always move slowly and with control. Don't slouch – make sure your back and shoulders are in a straight line. Breathe throughout all movements.
- ***Don't hold your breath:*** (1) **Breathe out** as you contract (lift or push away) muscles and (2) **breathe in** as you relax and return to the starting position. For example, when doing a bicep curl *breathe out* as you lift your arm and *breathe in* as you lower it.

Follow these tips to help prevent injury during strength training



...More Tips

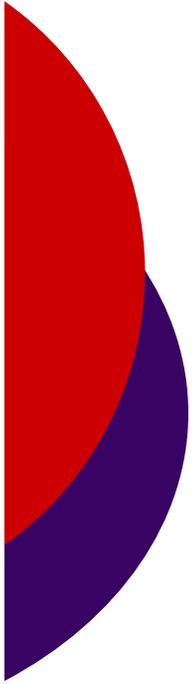
- ***Monitor your intensity:*** Many things affect how hard you should work (intensity), including your current health and physical activity goals. You can change your intensity (light, moderate or vigorous) to fit your goals and/or physical ability.

Use tools from *Month 5 FAN Mail packets* (i.e. the Borg Rate of Perceived Exertion Scale) to help you know when you are at your desired intensity.

- ***Listen to your body:*** Muscles need rest. *Each muscle group* that you train should rest 1-2 days before you strength training again. This rest helps muscles rebuild which helps you slim down (tone) and increase strength.

For example, if you focused on strengthening your leg muscles (e.g. leg curls) today, wait 1-2 days before doing more strength exercises with your legs.

Follow these tips to help prevent injury during
strength training



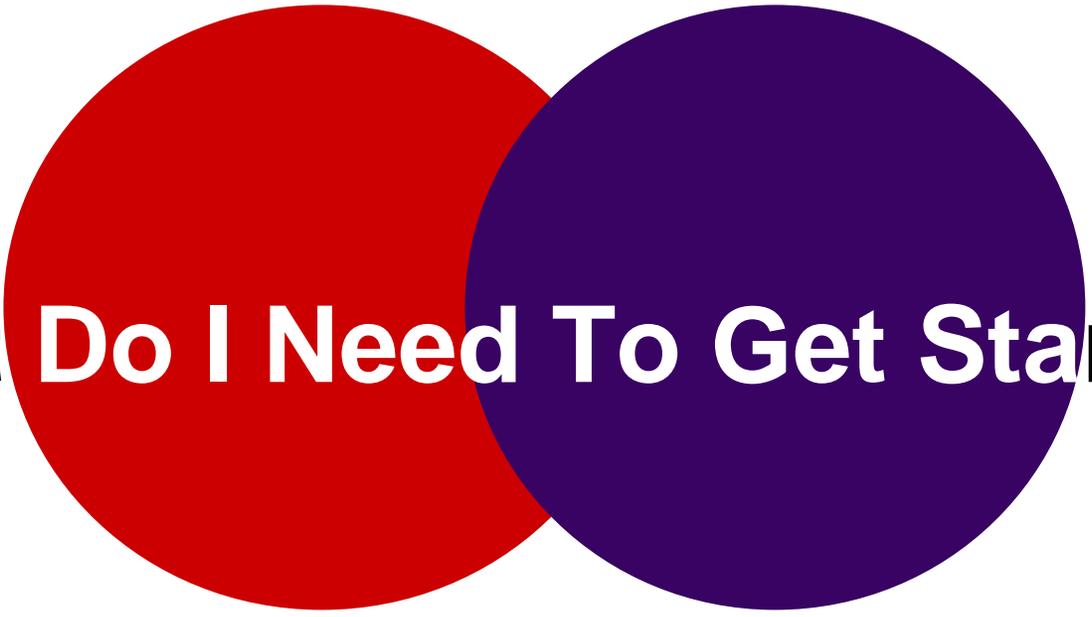
...More Tips

- ***Have you heard of “No pain, no gain”?*** This can be dangerous. You should never overwork your muscles. It is likely that they will be sore after you exercise (especially at the start of a strength training program), but you should not be in pain.

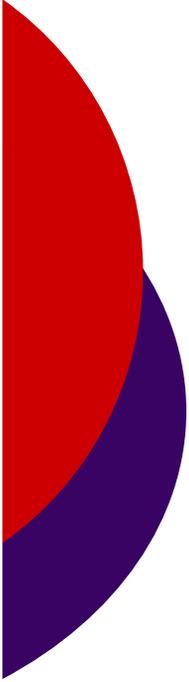
See your doctor if you have long lasting pain.

- ***Avoid jerking or thrusting:*** Try to lift weights with slow and controlled movements. Protect your joints. Avoid locking your knees and elbows as this may cause injury.

Follow these tips to help prevent injury during strength training



What Do I Need To Get Started?

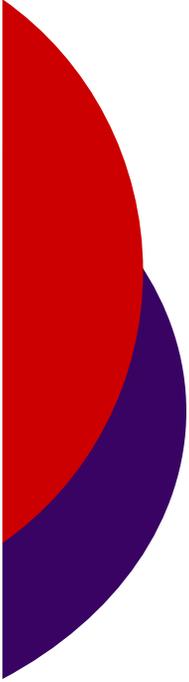


No gym? No problem.

- Weight lifting machines, dumbbells, stability balls and resistance bands are great for strength training.

But you don't need them! These tools are nice but may be costly or hard to get to.

- Try these tools for results that are just as good:
 - Use your own **body weight** as resistance
 - *Examples:* push ups and crunches
 - Use **household items** as weights
 - Got soup cans or water bottles? These items make great weights if you are starting a strength training program.

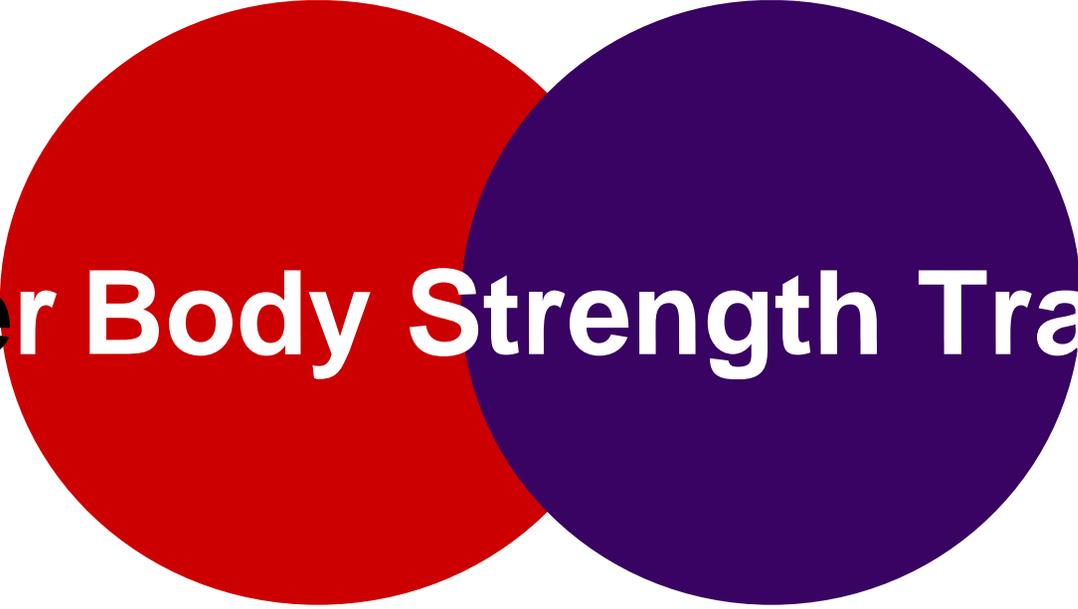


How much should I do?

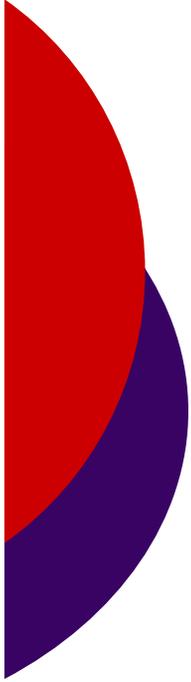
-
- The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) recommend that adults:
 - Strength train *2 to 3* times per week.
 - Perform *8 to 10* exercises that target major muscle groups.
 - Adults: Perform *1 set** of each exercise (e.g. bicep curls) *8 to 12* times before moving on to another exercise.
 - Older adults: Perform *1 set** of each exercise (e.g. leg curls) *10-15* times before moving on to another exercise.
 - If you can't fully complete an exercise (full range of movement) at the suggested repetition* try the exercise with a lighter weight or no weight at all.
 - Do movements at a slow speed with control.

*Set: A group of the repeated exercises.

*Repetition: The number of times you repeat an exercise in one set.



Upper Body Strength Training



Upper Body Strength Training

- Many daily tasks require arm strength (e.g. moving, lifting or holding an object).
- We will show you a few exercises that you can do in the comfort of your home or office.
- All you need are 2 water bottles or soup cans to serve as your weights and 1 armless, upright chair. Of course, you can use hand weights if you have them!
- To get the greatest benefits, do each exercise 8-12 times!

Shoulder Press- *Starting Position*

- Starting position:
 - Sit in an armless chair, with your back supported by the back of the chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottles in hands overhead with elbows bent and palms facing forward.
 - Bend elbows at a 90 degree angle at shoulder height.



Shoulder Press- *Action Phase*

○ Action:

- Lift water bottles overhead together and towards the ceiling. **Breathe out as you lift.**
- Lower water bottles back to shoulder height slowly. **Breathe in as you relax.**



** To decrease intensity lift one arm at a time*



Shoulder Press

- * Take this time to do 8-12 shoulder presses.
- ** If you can't do 8, do as many as you can comfortably do.

Chest Press- *Starting Position*

- Starting position:
 - Sit in an armless chair, with your back supported by the back of the chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottles in hands at chest height with palms facing down.
 - Bend elbows at a 90 degree angle.



Chest Press- *Action Phase*

○ Action:

- Push bottles away from your body and straighten arms. Remember not to lock your elbows and breathe out as you push.
- Slowly return to starting position. Breathe out as you push and breathe in as you relax.



* *To decrease intensity push one arm at a time*



Chest Press

* Take this time to do 8-12 chest presses.

** If you can't do 8, do as many as you can comfortably do.

Bicep Curl- *Starting Position*

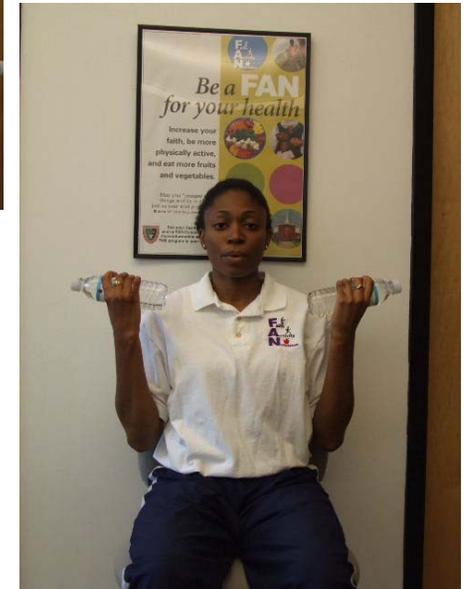
- Starting position:
 - Sit in an armless chair, with your back supported by the back of chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottles in hands at sides with arms straight and palms facing inward.



Bicep Curl- *Action Phase*

○ Action:

- Bend elbows and lift towards chest (rotate palms to face shoulder while lifting). **Breathe out as you lift.**
- Keep upper arm stationary at side of torso.
- Hold position and slowly lower water bottles back to starting position. **Breathe in as you relax.**



* *To decrease intensity lift one arm at a time*



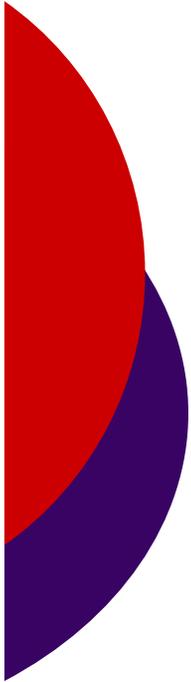
Bicep Curl

- * Take this time to do 8-12 bicep curls (you can do both arms together or separately).
- ** If you can't do 8, do as many as you can comfortably do.

Lateral Raise- *Starting Position*

- Starting position:
 - Sit in an armless chair with your back supported by the back of chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottles in hand and place arms at side.
 - Have palms facing inward.





Lateral Raise- *Action Phase*

- Action:
 - Raise arms out to shoulder height.
Breathe out as you lift.
 - Slowly return to starting position.
Breathe in as you relax.

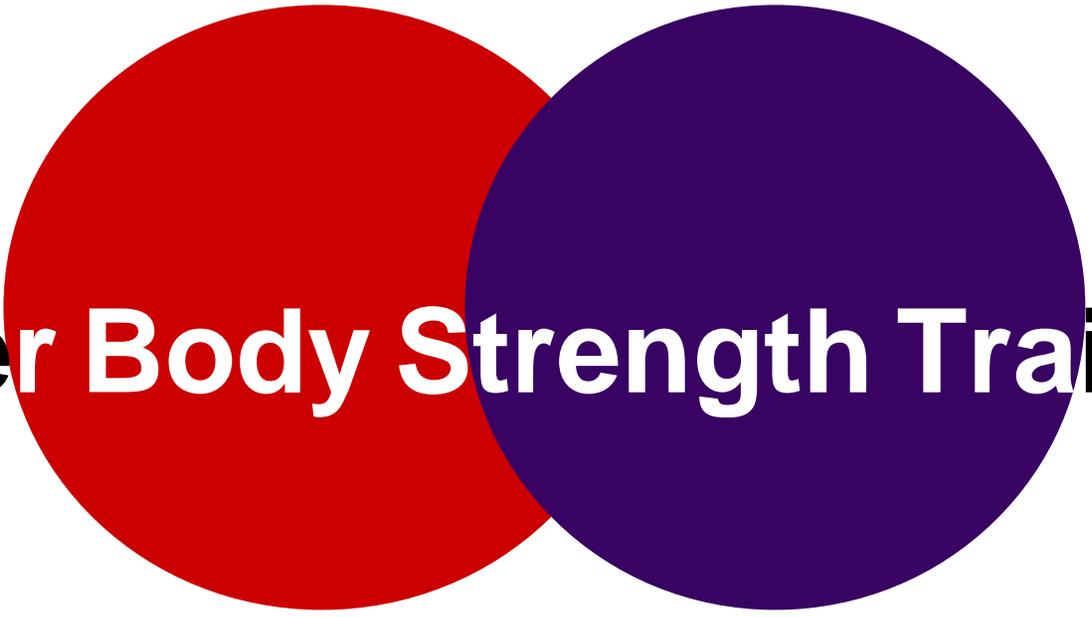


** To decrease intensity lift one arm at a time*

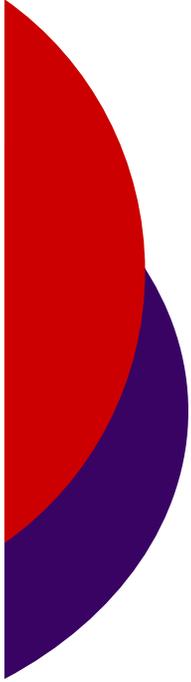


Lateral Raise

- * Take this time to do 8-12 lateral raises (you can do both arms together or separately).
- ** If you can't do 8, do as many as you can comfortably do.



Lower Body Strength Training



Lower Body Strength Training

- Many of our daily tasks require leg strength (e.g. walking, driving or standing).
- We will show you a few exercises that you can do in the comfort of your home or office.
- All you need is 1 water bottle, soup can, or hand weight and 1 upright chair with or without arms, depending on the activity.
- For best benefits do each exercise 8-12 times!

Leg Extension- *Starting Position*

- Starting position:
 - Sit upright in an armless chair.
 - Support your back with the back of your chair.
 - Have feet slightly elevated off the floor.
 - Place water bottle between feet and hold.



Leg Extension- *Action Phase*

- Action:
 - Extend feet out until legs are straight (while holding water bottle). **Breathe out while extending legs.**
 - **Don't lock your knees.**
 - Slowly return to starting position. **Breathe in while relaxing.**



** To decrease intensity don't use weights (water bottle)*



Leg Extension



* Take this time to do 8-12 leg extensions.

** If you can't do 8, do as many as you can comfortably do.

Chair Squat- *Starting Position*

- Starting position:
 - Sit upright in a stable chair towards the front of the chair (**your back should not touch the chair**).
 - Place feet flat on the floor and keep feet even with shoulders.



Chair Squat- *Action Phase*

○ Action:

- Stand up without rocking or moving foot placement on the floor. **Breathe out on the way up.**
- Slowly return to starting position. **Breathe in on the way down.**



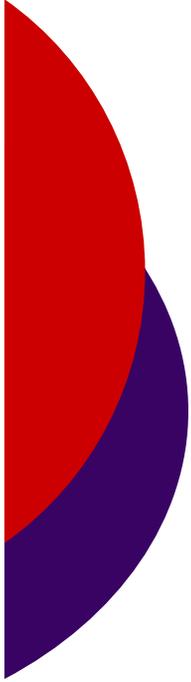
** To increase intensity add water bottles (weights) in hands*



Chair Squat

* Take this time to do 8-12 chair squats.

** If you can't do 8, do as many as you can comfortably do.



Marching In Place- *Starting Position*

- Starting position:
 - Hold water bottles in hand and place arms at side with palms facing inward.
 - Bend both elbows to a 90 degree angle.
 - Have feet flat on floor and even with shoulders.



Marching In Place- *Action Phase*

○ Action:

- Begin marching by lifting opposite arm and opposite knee at the same time.
- Now alternate knees and arms.
- Remember to breathe.



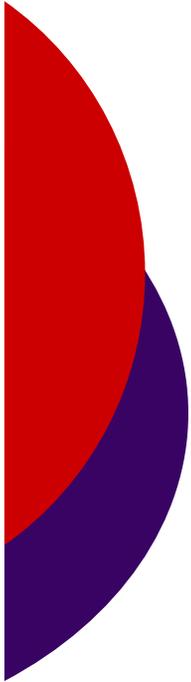
** To increase intensity lift your knees higher*



March in Place



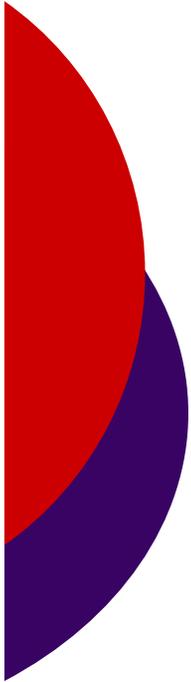
* Take this time to march in place.



Leg Curl- *Starting Position*

- Starting Position:
 - Stand up straight.
 - Place feet flat on the floor and keep feet even with shoulders.
 - Hold on to the back of a chair for balance.





Leg Curl- *Action Phase*

- Action Phase:
 - Slowly bend one knee as far as possible (feet should be lifting toward ceiling). **Breathe out as you lift your leg.**
 - Slowly lower foot all the way back down. **Breathe in as you lower your leg.**
 - Repeat with the other leg.

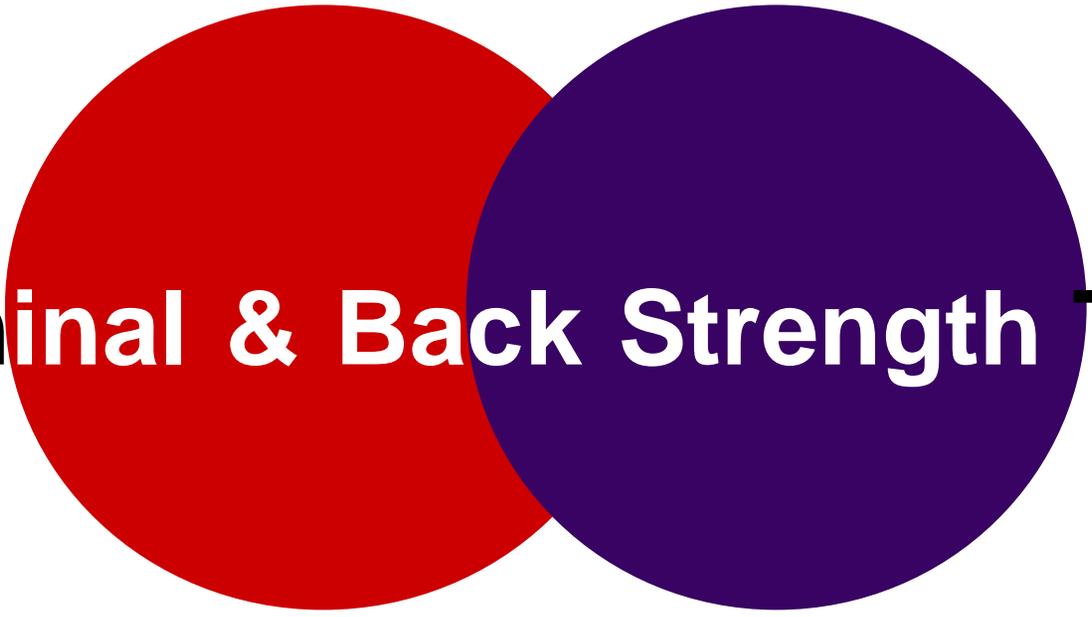




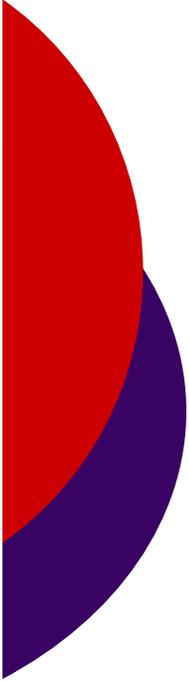
Leg Curl

* Take this time to do 8-12 leg curls with one leg.
Repeat with your second leg.

** If you can't do 8, do as many as you can comfortably do.

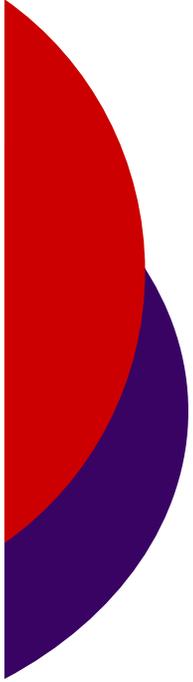


Abdominal & Back Strength Training



- The following exercises may not be safe for everyone.

If you have chronic back problems or back pain be sure to see your doctor before trying these exercises.



Abdominal & Back Strength Training

- We need a strong back and strong stomach for many of our daily tasks (e.g. lifting, holding an object, or singing).
- We will show you a few exercises that you can do in the comfort of your home or office.
- All you need is 1 water bottle, soup can, or hand weight 1 stable upright chair, and 1 pillow (optional).
- For most benefits perform each exercise of your choice 8-12 times!

Torso Twist- *Starting Position*

- Starting position:
 - Sit in armless chair, with your back supported by the back of chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottle at chest height and close to your chest (*but not resting on chest*).
 - Protect your back: *Make sure back and stomach muscles are in an upright position.*



Torso Twist- *Action Phase*

○ Action:

- Rotate torso to one side while keeping arms close to the chest and hips stationary (e.g. turn to the left and look over your left shoulder while keeping your hips still). **Breathe out** as you turn to the side.
- Slowly return to starting position. **Breathe in.**
- Repeat on the other side.



** To increase intensity follow all steps with arms extended from the body*



Torso Twist



**Take this time to do 8-12 torso twists on each side (so 16-24 total).

** If you can't do this many, do as many as you can comfortably do.

Back Extensions- *Starting Position*

- Starting Position:
 - Sit on a stable chair and place feet extended slightly beyond shoulder width (or as far as comfortable).
 - Hold a water bottle at chest level while bent over at the waist towards the floor.
 - Protect your back: **Make sure your back and shoulders are in a straight line as you lean forward (no slouching). Hold stomach muscles in.**



Back Extensions- *Action Phase*

○ Action:

- Sit up and extend back *slightly* past a natural, upright sitting position. **Breathe out as you sit up.**
- **Keep the weight (water bottle) at chest level throughout the exercise.**
- Slowly return to starting position. **Breathe in as you bend forward.**



* *To decrease intensity don't use weights (water bottle)*



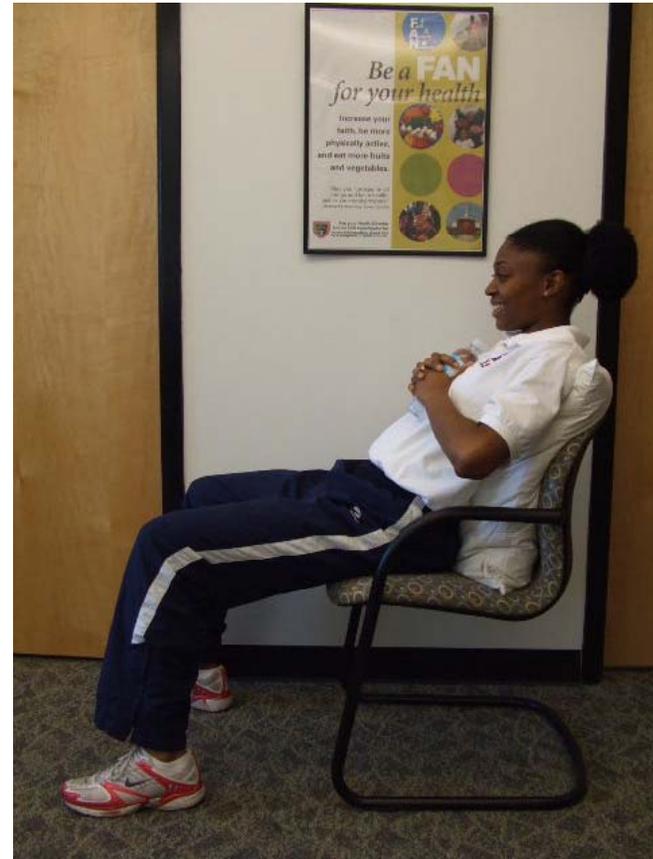
Back Extensions

**Take this time to do 8-12 back extensions.

** If you can't do 8, do as many as you can comfortably do.

Abdominal Crunches- *Starting Position*

- Starting Position:
 - Seated on a stable chair lean back onto a pillow that is fitted between your body and the chair.
 - Hold arms and water bottle at your chest.
 - Place feet on the floor at shoulder width apart.
 - Protect your back: **Make sure your back and shoulders make a straight line as you lean back (no slouching). Hold stomach muscles in.**



Abdominal Crunches- *Action Phase*

○ Action:

- Sit upright. **Breathe out as you sit up.** Your movement should come from stomach muscles, not your back or shoulders (that is, pull yourself up by squeezing or tightening your stomach muscles).
- **Keep the weight (water bottle) at chest level throughout the exercise.**
- Slowly return to starting position. **Breathe in as you lean back.**



** To decrease intensity don't use weights (water bottle)*



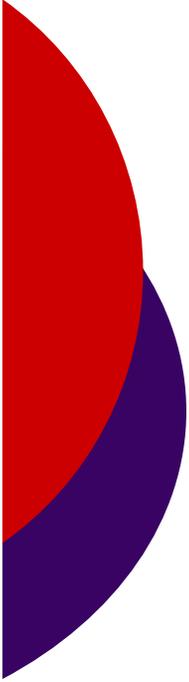
Abdominal Crunches

**Take this time to do 8-12 abdominal crunches

** If you can't do 8, do as many as you can comfortably do.

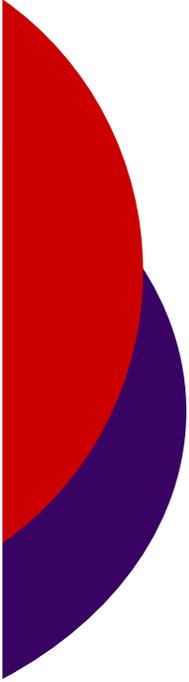


"I can do all things through Christ who strengthens me"
Philippians 4:13 (NKJV)



Resources

- American College of Sports Medicine
www.acsm.org
- Center for Disease Control and Prevention
www.cdc.gov
- South Carolina Department of Health and Environmental Control
www.scdhec.gov



Questions?

Please contact
your FAN Intervention team at
FanAmeProgram@gwm.sc.edu

or call
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(803) 727-8401