

Strength Training Can Benefit You at Any Age

Many people believe that “strength training” only benefits the young. However, many studies have proven this to be false. Although it is accurate that muscle strength decreases as aging occurs, it has also been proven that resistance training can help to increase strength and improve your daily life.

A study conducted at Indiana University in Indianapolis* examined the effects of resistance exercise in 6,700 people over the age of 60 years. The subjects performed various resistance exercises using free weights or resistance bands 2 to 3 days per week. Training was found to produce a significant improvement in muscle strength and the individuals were then able to perform simple daily activities such as getting up from a chair and climbing stairs much more easily. Some subjects also reported increased ease with more complex tasks such as preparing meals.

Older adults, even those 80 plus years old, can also benefit from a regular exercise program. Exercises and stretches will help older individuals remain on their feet and avoid falls and other potential injuries. Even those with multiple other health conditions will see the benefit of regular physical activity, 2 to 3 days per week.

Resistance training is effective for people experiencing painful muscles and joints, balance deficits, decreased tolerance for daily activities, and anyone with a physical injury of any kind. Whether you are looking for more energy, increased strength, or better endurance for daily activities; you can't go wrong with resistance training.

If you are interested in a strengthening program, contact our physical therapy department. Kerry and Tami can get you started with a program specific to your needs, and provide you with resistance bands and exercises that you can perform safely in your own home. In order for the cost of physical therapy services to be covered by your health insurance, you will require a prescription for physical therapy from your health care provider. Most providers will agree that physical exercise will improve your everyday life.

*Wiley-Blackwell (2009, July 26). Progressive Resistance Strength Training Helps Older People In Daily Life. *ScienceDaily*. Retrieved June 7, 2011, from <http://www.sciencedaily.com/releases/2009/07/090707201118.htm>