
The Importance of Strength Training for Older Adults

Contributed by Administrator
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To maintain quality of life as you grow older, it is important you are able to perform your daily tasks, enjoy your recreational activities and care for yourself. You don't have to accept frailty as you age. Think of fitness as the fountain of youth. Fitness offers any one at any age the benefits of being stronger, greater flexibility, and self reliance.

The good news is that you can do more than just hope for a strong, mobile body as you age. Many of the symptoms of old age are really the symptoms of inactivity — of using your muscles less. Muscle weakness, bone loss and sluggish metabolism are changes that accompany aging but are not solely caused by it.

No doubt you have heard the phrase, "use it or lose it"; I can't think of a better axiom to describe what happens to our body as we age. You can slow down and possibly reverse many of the symptoms associated with aging by increasing your strength and flexibility. Through exercise, you can turn your wishful thinking into a reality.

Strength training is the primary weapon against aging. Strength training is extremely important in combating the age-related declines in muscle mass, bone density and metabolism. It is an effective way to increase muscle strength and to shed unwanted inches. It also helps to decrease back pain, reduce arthritic discomfort and help prevent or manage some diabetic symptoms. Strength training includes working out with weights, dumbbells, resistance bands, machines, and Pilates.

Researchers find strength training can prevent osteoporosis by actually increasing bone density, not just slow its loss. More and more, strength training is being used for health reasons with both men and women. Bone density exercises are considered weight bearing which include weights, resistance, and walking.

A simple concept with a big reward is to briefly work your muscles, on a regular basis, a little more than they are accustomed to working. This will cause your muscles to become stronger and more toned. Your tendons, ligaments and bones will also be strengthened. This strengthening will make your joints more stable and less prone to injury. Everyday tasks will become easier, such as picking up grocery bags or grandchildren, getting up from a low sofa or going up stairs.

Working with a personal trainer can help an older adult learn the right way to exercise effectively without injury. My goal is to help individuals effectively manage their own quality of life. For more information and tips on exercise, go to <http://www.easyexercisetips.com>

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