

# Strength Training for Seniors

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# What is strength training?

- Bodyweight training :
  - push ups ( can be with a desk, wall, counter)
  - squats ( can be with a chair, piano bench, or bar s
- Dumbbells
- Bands
- Other items can be used such as cans, milk jugs



# Why is it important?

Loss of muscle mass over time (sarcopenia: 3-5% loss each decade over 30)

Strength and Endurance

Support Mobility

Support Balance

Mental Health!

It's never too late to add muscle mass!



# Motion is Lotion!

Warms muscles

Lubricates joints

Eases stiffness and pain



# What would my workout consist of?

Always warm up first - 5 to 7 minutes

8 - 10 exercises to work the entire body

Sets of 12-15 reps, working at about a 5 or 7 on a scale of 1-10

Repeat 2 to 3 times per week

Stretch after each workout - specifically the muscles you used



# The Importance of Protein

Protein requirements increase as we age

Required to build muscle

( About 1 g per kg of body weight, or 80 g for 175# man)

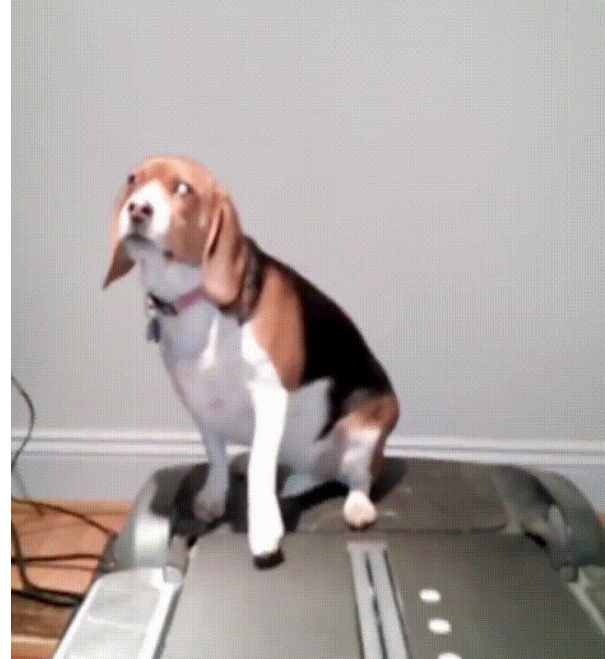
Meat, eggs and milk are good sources of protein

- but watch red meats which are higher in fats

- 3.5 ounces of lean chicken or salmon (31 g and 24 g respectively)
- 6 ounces of plain Greek yogurt (17 g)
- 1 cup of skim milk (9 g)
- 1 cup of cooked beans (about 18 g).



# Exercise is More Fun with a Friend!



# CA Class schedule

Available at [columbiaassociation.org](http://columbiaassociation.org) for all three fitness facilities



**Questions?**

