

Give it a chance —
you'll never be sorry!

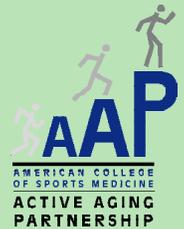
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**AMERICAN COLLEGE
OF SPORTS MEDICINE®**
Tel.: (317) 637-9200 • FAX: (317) 634-7817 • www.acsm.org
Street Address: 401 W. Michigan St. • Indianapolis, IN 46202-3233 USA
Mailing Address: P. O. Box 1440 • Indianapolis, IN 46206-1440 USA

ACSM's Strategic Health Initiative
(SHI) on Aging Presents:

Five Easy Steps to Beginning Strength Exercises



Five Easy Steps to Beginning Strength Exercises

1) Make a Commitment

- exercise will take some time and effort
- expect to strength train 20-45 minutes two or three times each week
- you may be a little sore for the first week, but it will pass.
- join a club, work with a trainer or buy home equipment
- expect costs, but they can be minimized

2) Get a Good Resource

- this can be a personal trainer but it can also be a good book*
- NIA Exercise Guide (see below) has good exercise program tips
- learn eight to ten exercises to strengthen all major muscle groups

3) The Routine

- eight -15 repetitions (one complete "lift and relax" cycle) for each set and two or three sets of each exercise
- if you cannot do at least eight repetitions the weight is too heavy
- breathe once for each repetition; always move the weight slowly
- rest two minutes between sets or do an exercise with a different muscle group
- your whole workout should take less than 45 minutes

4) Progression

- if you exceed 15 repetitions the weight is too light; gradually increase
- gallon milk containers make good weights; just fill to increase weight
- dumbbells and cuff weights are right for some people
- at first, you will be increasing the weight every week or so

5) Rest and Get Strong

- do not do strengthening exercise routines on two consecutive days
- rest to give your muscles a chance to recuperate
- you will become much stronger — probably 25-100 percent stronger in each muscle
- research shows the biggest improvements are in the first FEW months

