



Strength Training

How to start a strength training program

What is strength?

Strength refers to your muscles' ability to exert force and control movement. For example, flexible muscles will help you bend over to pick up a box, but it's your muscular strength that lets you lift it.

Your physical therapist will determine the strength of your major muscle groups and help you to strengthen your weaker muscles through weight-resistance exercises. As we age, we tend to lose strength in our leg muscles more than in our arms. Your physical therapist will help you start a strength training program for the muscles you need most to maintain independent walking and function.

Why should I include strengthening in my exercise program?

For a long time, it was thought that only shot-putters and weight-lifters should participate in strength training. New research shows that everyone, including older adults, can benefit from strength training. Some studies show that seniors can increase their strength up to 200% after starting a high-intensity strength training program. Not only can you increase your strength, but you can also improve your ability to walk, balance, and do everyday activities.

Research shows that it does not matter what shape you are in or how old you are when you start. What matters is the intensity, duration, and frequency of your exercise program.

