

Strength training for older adults



Active at Home

#StayInWorkOut



**Sheffield
Hallam
University** | Advanced
Wellbeing
Research Centre



Who are we?

Active at Home



Dr Anna Lowe

- NCSEM- Sheffield Programme Manager
- Physiotherapist
- Physical Activity Clinical Champion-PHE



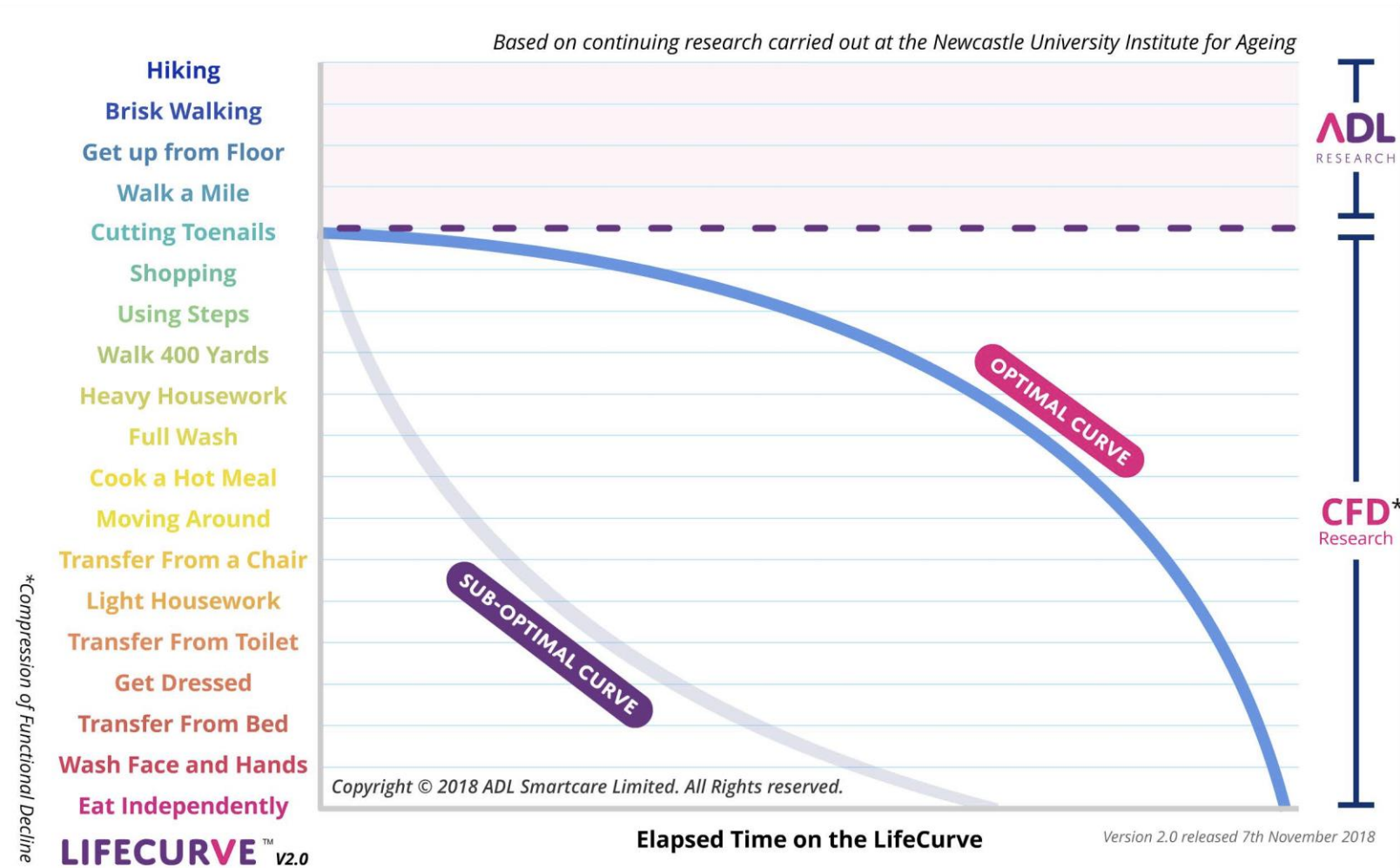
Dr Tom Maden-Wilkinson

- Senior Research Fellow
- Muscle Physiologist
- Strength 4 Life Programme



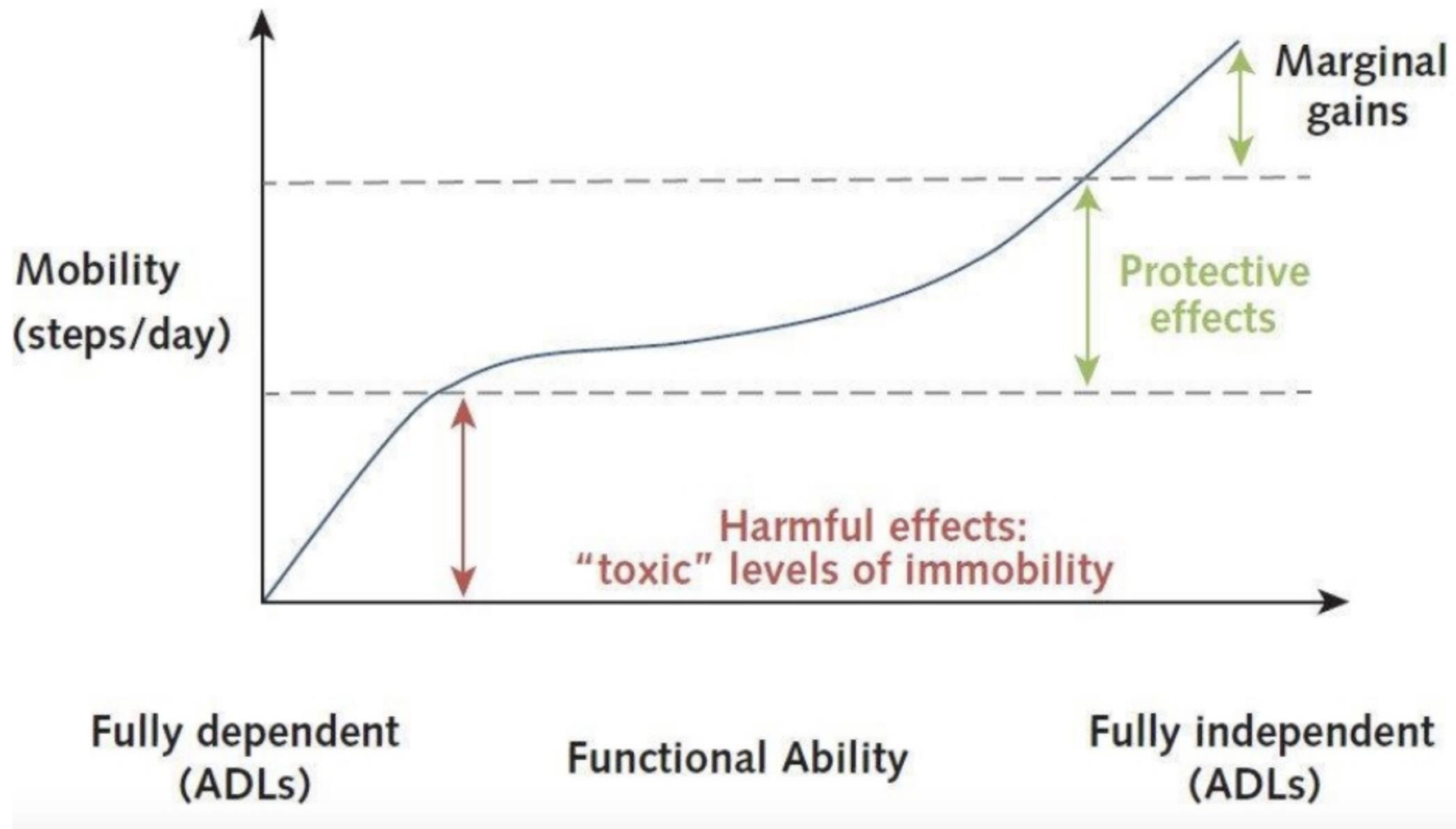
Importance of muscle strength

- Not just a concern for body builders, athletes and gym goers.
- Muscle strength helps us move around and do the things we want to do.
- As we get older, we lose muscle strength quickly especially if we aren't using it.
- Strength training is the best way to combat this.



Strength training is different for everyone....







Keep your
spirits up



Get a good
night's sleep



Stay
independent



Stay at a healthy
weight



Reduce risk of
falls & fractures



Keep you steady
on your feet



Keep your
bowels regular



Reduce risk of
heart attack,
stroke, diabetes &
some cancers



Prevent many
health conditions
from worsening

Strength Training Principles

3 Key Principles:

1. Principle of Specificity
2. Principle of Overload
3. Principle of Progression

“Target specific adaptations through increased loading and progression of exercises that is appropriately modified for the clients/patient level of ability.”

Some Examples of seated exercises

Heel lifts



Lift heels off the floor, then place them back down. Lift toes off floor then place down. Do these slowly and fully.

30 seconds

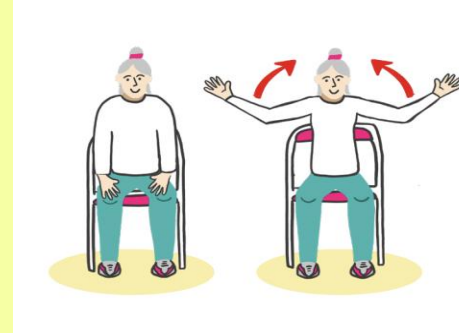
Chair marching



Lift one leg at a time, as if marching. You can add your arms in too, if comfortable.

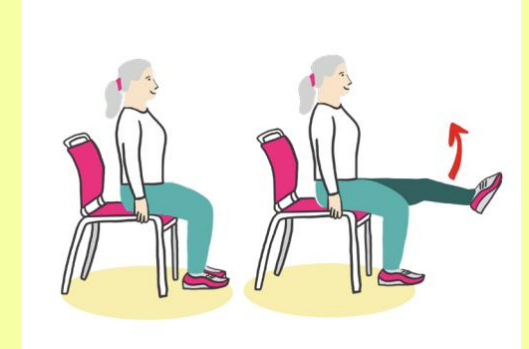
30 seconds

Arm Raises



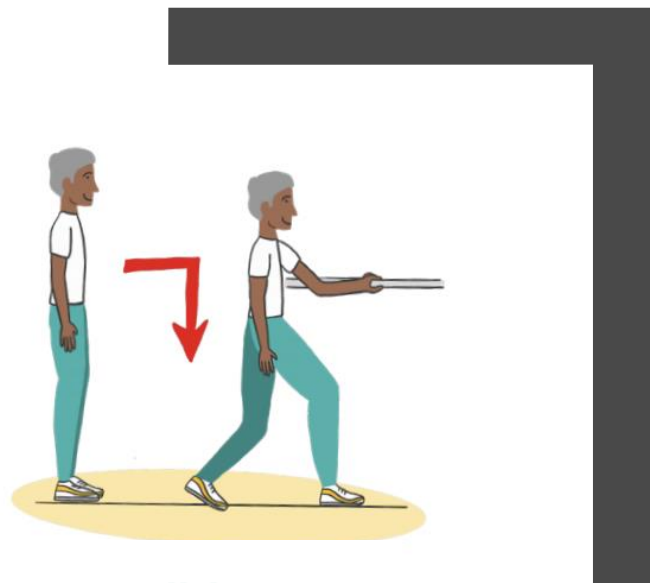
Raise your arms out to the side and above your head, then slowly lower back down. Start with 3 then build up.

Alternate leg extensions

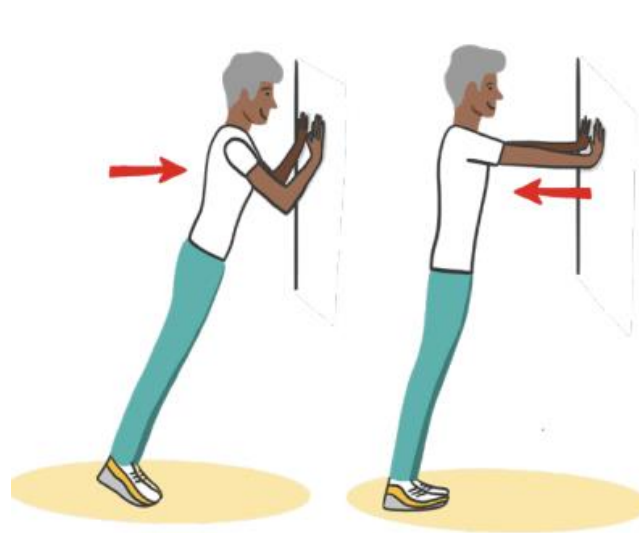


Straighten out one leg in front of you, then lower slowly back down. Start with 3 each leg then build up

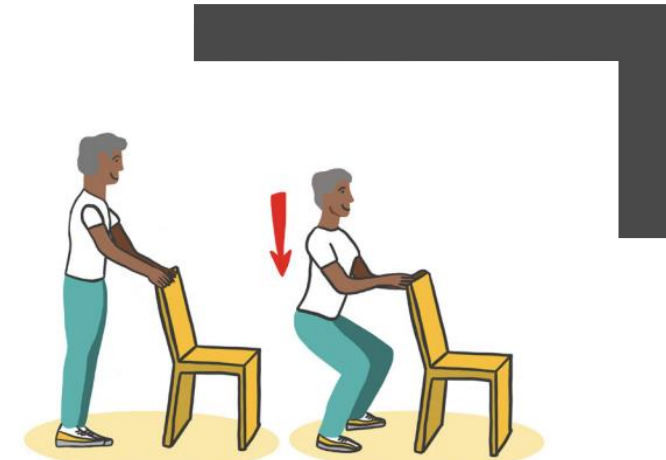
These should be considered starting points where possible, there are some examples within the booklet of how to make these more challenging



Small lunges

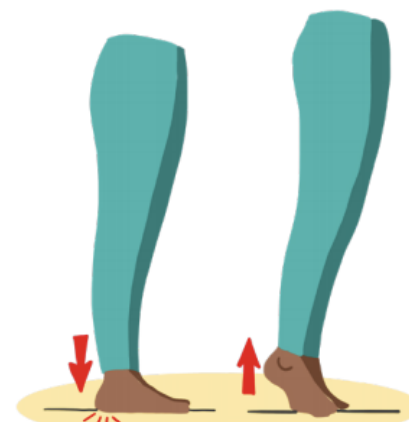


Wall press up

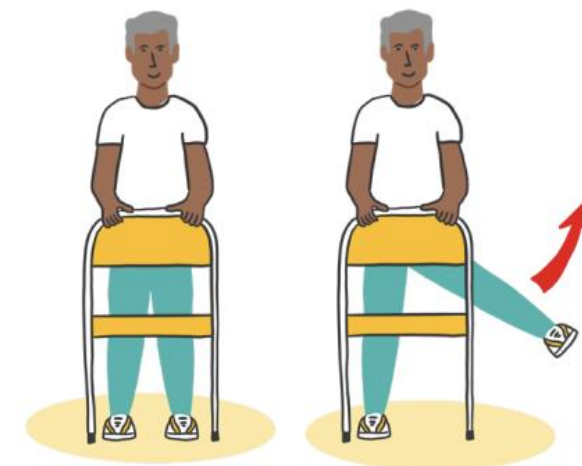


Mini squats

Standing exercise



Heel/toe raises



Sideways leg lift

Exercise considerations

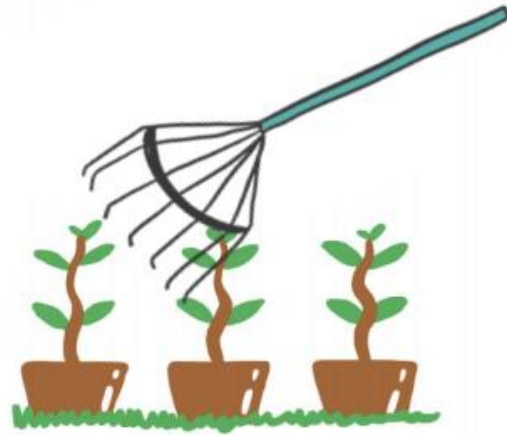
- Muscle strengthening activities and/or balance training may need to commence prior to aerobic training in very frail adults. Try to do them 2-3x per week.
- Chair and/or bed exercises may be considered as a starting point in very frail adults.
- Complete a warm-up and cool down for each session
- Consider limitations or contraindications to Exercise.
- Avoid bed rest/Sedentary lifestyles wherever possible.
- Movement snacks throughout the day.



Here are some ideas of ways to stay active at home:



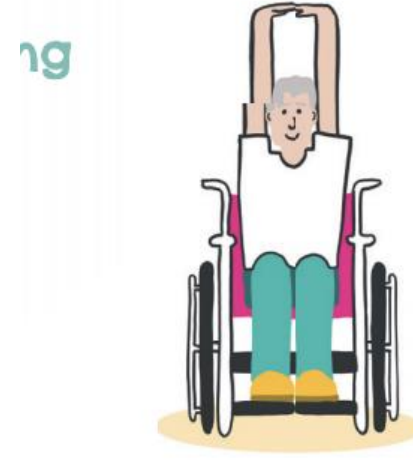
Cleaning



Gardening



Going up and
down stairs



Stretching regularly



Dancing

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Three things to remember



Try to avoid long periods of inactivity;
our bodies like to move and muscles waste away quickly



Try to do strength and balance exercises 2-3 times each week
to help you stay strong and steady

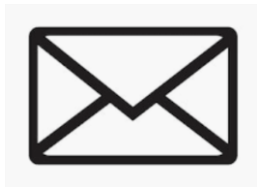


Try to build activity
(anything that gets you a bit warm and makes you breathe a little harder) **into your day, every day**

Where to find more information...



<https://www.movemoresheffield.com/>



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