

# Healthy Living

## Topic of August STAYING STRONG

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**Strength training:** a form of physical activity that is designed to improve muscular fitness by exercising a muscle or a muscle group against external resistance –ACSM

### Did you know?

- ❖ Strength training is beneficial for adults of all ages.
- ❖ As we age, we lose muscle mass and strength, but this decline in muscular fitness can be slowed or even reversed with strength training.
- ❖ Even if you have adequate strength, strength exercise is useful because it can improve symptoms of many chronic diseases and enhance mental health.
- ❖ A strength training program should be performed at least two non-consecutive days each week, with one set of 8 to 12 repetitions for healthy adults or 10 to 15 repetitions for older and frail adults. –ACSM
- ❖ Eight to 10 exercises should be performed that target the major muscle groups. –ACSM

### Strength Training Made Convenient

- ❖ If your job requires you to sit for long hours, try doing a set of strength exercise such as knee extension or bodyweight squats every few hours.
- ❖ You can use milk jugs filled with water or sand in place of dumbbells. Initially, fill part of the jug and then add more water/sand as you get stronger.
- ❖ Try making each exercise a little harder each week. You can change the weight, number of reps per set, number of sets, or choose a tougher exercise.
- ❖ Change your strength training program every few weeks or months to avoid boredom and remember to keep your workout sessions fun!

### Challenge of the Month

*Make strength exercise a regular part of your lifestyle!*

- Begin by performing 3 exercises the first week
- Add a new exercise each week until your program includes 8 - 10 exercises

### Be Resourceful

Even when traditional free weights, dumbbells, and machines are not available, strength training can be done with other methods such as:

- Medicine balls
- Partner-resistance
- Body weight
- Elastic tubing
- Resistance bands
- Common household items (milk jugs, buckets, broomsticks, soup cans, etc.)

### Additional Resources

*Activities in Raleigh-Durham:*

[activecities.com/raleigh-durham/activities/](https://activecities.com/raleigh-durham/activities/)

*ACSM Public Resource:*

[tinyurl.com/acsm-strengthtraining](https://tinyurl.com/acsm-strengthtraining)

### Words of Wisdom

“It hurts now, but one day it will be your warm up.”

— Anonymous

### Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

[Research@duke.edu](mailto:Research@duke.edu) or 919-681-9000

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