

**SACRAMENTO SPINE
PHYSICAL THERAPY & WELLNESS**
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STRENGTH TRAINING FOR THE AGING POPULATION



RHWC Personal Trainer Kaitlyn, with 77 year old client



IT'S NEVER TOO LATE TO STRENGTHEN YOUR MUSCLES

Recent research has shown that it's never too late to start strengthening your muscles! A groundbreaking study analyzed muscle tissue samples from 197 people and found that resistance training can actually slow and reverse the muscle fiber changes associated with aging—even in individuals who started after age 70. The key takeaway? You can continue to build muscle into your 80s and beyond!

Andrew R. Jagim, Ph.D., director of sports medicine research at Mayo Clinic, emphasizes that with regular resistance training, you'll not only stay stronger for longer but also improve your physical function and enjoy a longer, healthier life.

WHAT IS RESISTANCE TRAINING?

Resistance training, also known as strength training, involves exercises that force your muscles to work against an external resistance. This can come from various sources: The primary goal of resistance training is to gradually increase resistance over time to build strength. As Dr. Jagim explains, it's less about the specific type of resistance and more about performing the movements correctly to activate the right muscles.



RHWC Member - 71 years young

BENEFITS OF RESISTANCE TRAINING

Resistance training offers many benefits for older adults, helping to slow or even reverse some effects of aging:

- **Bigger, Stronger Muscles:** Aging leads to muscle loss, but ~~preserving~~ training can help reverse it, conditions like sarcopenia, which is associated with frailty and falls.
- **Reduced Risk of Diabetes:** Stronger muscles help your body use blood sugar more efficiently, lowering the risk of insulin resistance and type 2 diabetes.
- **Improved Cognitive Function:** Regular resistance training can slow cognitive decline and protect the brain, particularly the hippocampus (responsible for memory). It also helps with coordination and balance
- **Stronger Bones:** Resistance training puts stress on bones, stimulating bone-building cells. This can slow or reverse bone loss, reducing the risk of fractures.
- **Lower Blood Pressure:** Consistent strength training has been shown to lower both systolic and diastolic blood pressure, promoting better heart health.
- **A Longer Life:** Research has shown that stronger individuals are more likely to live longer, healthier lives and remain active as they age.



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THE BENEFITS ARE LONG-TERM

A recent study out of Denmark revealed that one year of heavy resistance training can provide benefits for years to come. Researchers found that seniors who engaged in heavy resistance training-maintained leg strength and healthy body fat levels three years after completing the training program. These benefits can help preserve mobility, independence, and overall health as you age.

GETTING STARTED WITH RESISTANCE TRAINING

If you're new to resistance training or have any health conditions, it's always a good idea to consult with a healthcare provider. If needed, a physical therapist or personal trainer can help develop a safe and effective training program tailored to your needs.



*RHWC Member
Before Strength Training (on the left) - 48 years old
After Strength Training (on the right) - Age 61*



THE BOTTOM LINE

It's never too late to start strength training! Whether you're in your 60s, 70s, or 80s, incorporating resistance exercises into your routine can help you enjoy a longer, healthier, and more active life.



Read More
RHWC Member, 79 years young!



To learn more, call 916-677-1200 or stop by for a tour and speak with a Wellness Coach. Physical Therapy patients may consult their Physical Therapist about participation.



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