

Resistance Exercise



How much Resistance Exercise should you do for your health?

(The F.I.T.T. Principle)

- **F**requency: At least 2 days per week
- **I**ntensity: Moderate to vigorous
 - 13-18 on your RPE scale
 - Yellow zone to start of red zone
- **T**ime: 30 mins per session
 - 8–10 exercises involving the major muscle groups
 - 8–12 repetitions of each exercise
- **T**ype: Circuits (e.g. your class with us), stair climbing, sit-to-stand exercise, body weight squats, lunges, press up, abdominal work etc., aqua training
 - can progress to use resistance bands and free weights



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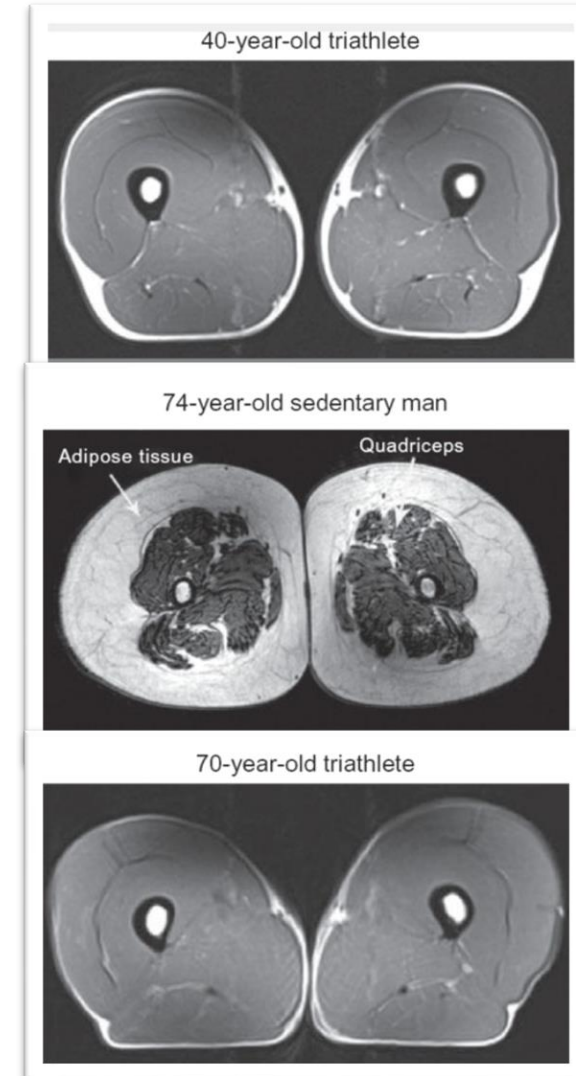
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Physiological Adaptations with Ageing Muscle

What happens to muscle as you age?

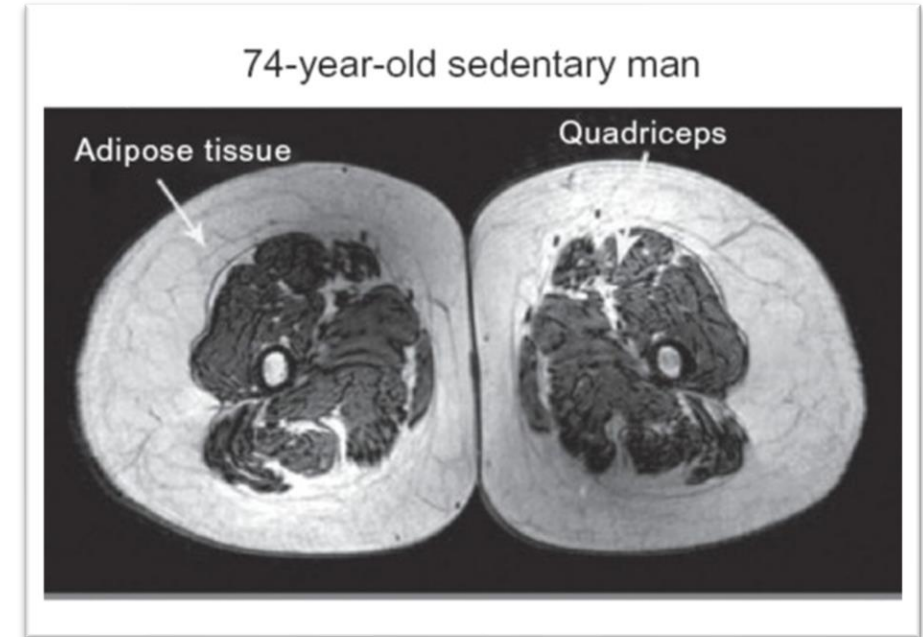
- Lose 1-2kgs of muscle per decade from 5th to 9th decade (50-90yrs).
- Physical inactivity accelerates this.
- You have ~30% muscle as younger adult vs ~15% at 75 years of age (particularly if you are inactive).



Physiological Adaptations with Ageing Muscle

Implications

- Unfavourable body composition
- ↓ muscle strength
- ↓ power
- ↓ ability to perform strenuous activities
- ↓ ability to perform Activities of Daily Living
- ↓ ability to perform functional activities e.g. sit to stand
- Frailty
- Sarcopenia (loss of muscle mass)



Baseline levels of strength and fitness in middle age predict frailty and health in older years!

Benefits of Resistance Exercise

- Slows the physiology of ageing / sarcopenia
- ↑ muscle size
- ↑ muscle strength and power
- ↑ muscle function
- ↑ bone density
- ↑ storage space for glucose
 - → help to store / lower your blood sugar
 - help to prevent, treat and manage type 2 diabetes
- ↑ balance
- ↓ depression and anxiety
- ↓ falls
- ↑ quality of life
- ↑ functional independent living as we age

Major predictor of health, independence & quality of life in later years.



Your Health Homework

- ✓ Write down how many minutes of resistance exercise you currently do per day for one week.
 - you can count each training session with us as 20 minutes resistance exercise (the rest is aerobic, flexibility and balance).
- ✓ Do you meet the recommendations for health?
- ✓ If not, please identify opportunities in your day/week where you can increase the minutes of resistance exercise you do and make a plan!

Think of all the health benefits you will get!



- ✓ Take stairs vs lifts
- ✓ Complete our squat challenge this week
 - ✓ 20 squats on the days you are not training with us
- ✓ Practice your sit-to-stand
- ✓ Do Johns abs video on more day per week

